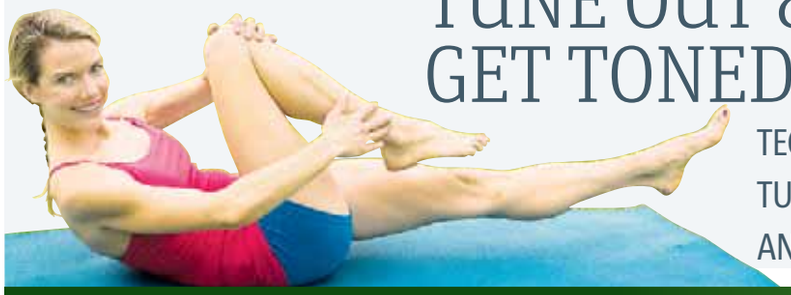


TUNE OUT & GET TONED

TECH ADDICTS: TURN OFF THE PHONE AND TAKE UP PILATES PAGE 19

Wednesday's jackpot
$11,000,000
estimated
LOTTO 649

TORONTO metro®

Tuesday, July 17, 2012

News worth sharing.

metronews.ca | twitter.com/metrotoronto | facebook.com/metrot

Sweaty, happy people

Soaring mercury has made Toronto a sweaty city, but you shouldn't try to avoid it, experts say — sweating is keeping you alive PAGE 3

GTA housing market cooling down: Stats

Sales in the Greater Toronto Area were down 2.3 per cent from May and almost 8 per cent over a year ago, according to figures from the Canadian Real Estate Association PAGE 4

Magnotta defence may call on lawyer

Attorney who heard the body-parts killing suspect make allegations about being abused and forced to have sex with animals says he may be called as a witness PAGE 6

THE SURPRISE CONTENDER

Oakville's Tera Van Beilen, right, and Martha McCabe look up at the timing board after competing in the 200-metre breaststroke at the Canadian Olympic Swimming Trials in Montreal last March. Beilen, 18, is headed to the London Olympics — a surprise medal contender in the 100m and 200m breaststroke. See story, page 27. GRAHAM HUGHES/THE CANADIAN PRESS

Cop faces slew of charges after guns seized on domestic call

Illegal firearms found in search. Psych evaluation ordered for suspended Mississauga officer

A Toronto police sergeant has been charged with 49 firearms and weapons-related offences, and criminal harassment.

Sgt. Winston Wong, 39, of Mississauga, an 11-year veteran of the force who works out of 11 Division in west Toronto, is in custody.

He appeared in Brampton court for a brief hearing Thursday and was ordered by a judge to undergo a psychiatric evaluation.

Wong was to be transferred to hospital on Monday. Toronto police confirmed his identity Monday morning.

Peel police arrested Wong two weekends ago at a home on Ninth Street, near the QEW and Cawthra Road in Mississauga. Officers were responding to a domestic call, police said.

The home was searched and police seized two Tasers and firearms, some of them illegal, Peel police said in a news release.

Among the weapons seized were a sawed-off shotgun, a Remington .22-calibre rifle, a .30-calibre rifle, a Remington 870 shotgun, a .223 Ruger, a Glock 9-millimetre handgun, and a Smith & Wesson .40-calibre handgun, Peel police said in a statement.

The charges relate to unauthorized possession and storage of a firearm.

According to court records, Wong also faces a charge of criminal harassment for besetting, or watching, a woman's residence in Mississauga.

The judge allowed for up to 60 days for a psychiatric evaluation, and Wong's next court appearance is Sept. 6.

When asked why Toronto police haven't released any information about the officer being charged, spokeswoman Const. Wendy Drummond said those details are released when the service charges one of its own. "When another service is in charge, we're not at liberty to disclose details on their investigation," she said.

TORSTAR NEWS SERVICE

Suspended

- As a result of the charges, Wong is currently suspended from the Toronto police force, said Const. Wendy Drummond.
- She would not confirm whether he is suspended with or without pay.

ROGERS™
authorized dealer

AJAX
Baywood Centre
AURORA
15483 Yonge St., Unit 2B
14785 Yonge St.
BOLTON
12612 Hwy. 50, Unit 15
BRAMPTON
30 Victoria Cres.
4520 Ebenezer Rd., Unit 6
253 Queen St. E, Unit 3
105 Kennedy Rd. S
499 Raylawson Blvd.
BROOKLIN
5969 Baldwin St. S, Unit 7
COBOURG
975 Elgin St. W, Unit B
ETOBICOKE
22 Dixon Rd.
6620 Finch Ave. W, Unit 4
GEORGETOWN
Georgetown Market Place
MAPLE
2943 Major Mackenzie Dr., Unit 4
MARKHAM
3636 Steeles Ave. E, Unit 101
9570 McCowan Rd., Unit 4
505 Hood Rd., Unit 12
7780 Woodbine Ave., Unit 3
4300 Steeles Ave. E, Unit E32
4300 Steeles Ave. E, Unit E67
8901 Woodbine Ave., Suite 218
3255 Hwy. 7 E, Unit E98
MISSISSAUGA
Meadowvale Town Centre
Square One
Dixie Outlet Mall
153 Lakeshore Rd. E
6325 Dixie Rd., Unit 1
3105 Dundas St. W, Unit 102
7955 Financial Dr., Unit B
808 Britannia Rd. W, Unit 2
25 Watline Ave., Unit 10
7205 Goreway Dr.
1100 Burnhamthorpe Rd.
3021 Argentia Rd.
789 Tauriton Rd. E
1053 Simcoe St. N, Unit 4B
NEWMARKET
16715 Yonge St.
NORTH YORK
Sheridan Mall
1700 Wilson Ave., Unit 72
1905 Avenue Rd.
4367 Steeles Ave. W
149C Ravel Rd.
Fairview Mall
4905 Yonge St.
5815 Yonge St.
3111 Dufferin St.
3040 Don Mills Rd., Unit 17B
Leslie Center
OAKVILLE
1027 Speers Rd., Unit 22
478 Dundas St. W, Unit 7
OSHAWA
Taunton Harmony Plaza
1053 Simcoe St. N, Unit 4B
PICKERING
Pickering Power Centre
Pickering Town Centre
611 Kingston Rd.
RICHMOND HILL
9196 Yonge St.
1480 Major Mackenzie Dr. E
10 West Pearce St., Bldg. B
Hillcrest Mall
9350 Yonge St.
10720 Yonge St.
Times Square Mall
SCARBOROUGH
Woodside Square
1571 Sandhurst Circle, Unit 502K
5095 Sheppard Ave. E
1800 Sheppard Ave. E
Cedarbrae Mall
1900 Eglinton Ave. E
3300 McNicoll Ave.
1291 Kennedy Rd.
2555 Victoria Park Ave.
411 Kennedy Rd.
3495 Lawrence Ave.
1448 Lawrence Ave. E
5661 Steeles Ave. E, Unit 5
19 Milliken Blvd., Unit U
THORNHILL
31 Disera Dr., Unit 140
Promenade Mall
Shops on Steeles
6236 Yonge St.
TORONTO
421 Dundas St. W, Unit G8
282 Queen's Quay W
1015 Lakeshore Blvd. E
1821 Queen St. E
275 College St.
604 Bloor St. W
1348 St. Clair Ave. W
1461 Dundas St. W
2 St. Clair Ave. E
272 Danforth Ave.
471 Eglinton Ave. W
662 King St. W, Unit 2
939 Eglinton Ave. E, Unit 106
154 University Ave., Unit 101
2200 Yonge St., Unit 104
2397 Yonge St.
9A Yorkville Ave.
East York Town Centre
2400 Bloor St. W
919 Bay St.
525 University Ave.
45 Overlea Blvd.
Oriental Centre Mall
1448 Lawrence Ave. E
10 Clock Tower Rd., Unit B1A
1118 Finch Ave. W, Unit 1
6236 Yonge St.
3850 Sheppard Ave.
280 Spadina Ave.
4438 Sheppard Ave. W, Unit 151
900 Dufferin St., Kiosk 4010
1000 Gerrard St. E, Unit K2
UXBRIDGE
11 Brock St. W
WHITBY
25 Thickson Rd. N
5969 Baldwin St. S
WOODBRIDGE
200 Whitmore Rd.

ROGERS plus

AJAX
15 Westney Rd. N
AURORA
14879 Yonge St.
91 First Commerce Dr., Unit 5
BRAMPTON
14 Lisa St., Unit C1
499 Main St. S., Unit 58
1088 McLaughlin Rd.
9980 Airport Rd., Unit 11
25 Peel Centre Dr., Unit 505A
25 Peel Centre Dr., Unit 742K
10025 Hurontario St., 118
ETOBICOKE
25 The West Mall, Unit 1963
3015 Bloor St. W
1735 Kipling Ave.
250 The East Mall, Kiosk #316
500 Rexdale Blvd., Unit H3B
1530 Albion Rd.
MARKHAM
9275 Hwy. 48, Unit 11
5000 Hwy. 7 E, Unit 412
7690 Markham Rd., Unit 1C
MISSISSAUGA
2150 Burnhamthorpe Rd. W
60 Bristol Rd. E
920 Southdown Rd., BLD H, Unit 7
5100 Erin Mills Parkway, Unit V205
4141 Dixie Rd.
1250 Eglinton Ave. W, Unit A16
NEWMARKET
1065 Davis Dr.
18075 Yonge St.
17600 Yonge St., Unit EE22
OAKVILLE
1500 Upper Middle Rd., Unit 2
240 Leighland Ave.
OSHAWA
285 Taunton Rd., Unit 20
419 King St. W, Unit 2272
RICHMOND HILL
1070 Major Mackenzie Rd. E
THORNHILL
9200 Bathurst St., Unit 26
TORONTO
618 Sheppard Ave. W
6758 Kingston Rd., Unit 12
730 Danforth Ave.
333 Bloor St. E
2120 Queen St. E
8 Wellesley St. E
1965-1971 Yonge St., Unit A
120 Front St. E
660 Eglinton Ave., Unit 104
3151 Yonge St.
808 York Mills Rd., Unit 15-17
2400 Eglinton Ave. W
2900 Warden Ave.
130 King St. W. Unit CW15
3401 Dufferin St., Unit 108
1 Yorkdale Rd., Unit 180
1 Dundas St. W, Unit Z010
220 Yonge St., Unit H014
112-10 Dundas St. E
2901 Bayview Ave., Unit 128A
329 Parliament St.
200 Bay St., Unit UC – 132B
2248 Bloor St. W
330 Bay St.
4980 Yonge St.
1080 Yonge St.
1 Blue Jays Way, Suite 1200
SCARBOROUGH
2490 Gerrard St. E
38 Ellesmere Rd.
300 Borough Dr., Unit 49
WHITBY
1549 Dundas St. E
3490 North Brock St.

OFFER ENDS AUG. 8TH

Now see what your phone can really do.

THE NEW 6 GB SUPER PLAN

What will you do with 6 GB?*

You could download 1,493 songs. You could send or receive 19,980 e-mails. You could stream 100 hours of YouTube™ videos. You could update your status 1,148 times every day. Not that you would, but you could. So, wherever you are and whenever you need it, with 6 GB a month there's practically no limit to what you can do.

6 GB OF DATA | UNLIMITED CANADA-WIDE MY10[1] | **UNLIMITED** MESSAGING[2]
UNLIMITED 6PM EVENINGS & WEEKENDS[3] | **200 WEEKDAY MINUTES**[4]

$60/mo±
Includes all monthly fees

Scan to find a store near you

Hurry in and get the latest superphones with the new 6 GB Super Plan today.

rogers.com/SuperPlan

FRIENDS CONNECT EXCITING text NETWORK TALK SHARE RELIABLE ACCESS FREEDOM LIFE NETWORK CHAT
TALK FRIENDS SURF LIFE TEXT FIRST FAST CONNECT FREEDOM EXCITING FRIENDS
CHAT ACCESS FREEDOM EXCITING

Creating World-Leading Internet Experiences.

ROGERS™

ROGERS™ authorized dealer · ROGERS plus · WIRELESSWAVE · WIRELESS etc... · Costco WHOLESALE · FUTURE SHOP · SONY · booth wireless · 2001 AUDIO VIDEO · BEST BUY · Walmart · BATTERIES N' gadgets · CELLULAPOINT

Offers available for a limited time and subject to change without notice. *Estimates not cumulative and are estimates only, actual usage will vary. Usage subject to Rogers Terms of Service and Acceptable Use Policy, available at **rogers.com/terms**. Data usage is measured in kilobytes (kB) rounded to the next full kB in Canada and the U.S. and rounded to the next 20 kB elsewhere. Usage exceeding the data allotment provided is charged in $10 increments ($10/GB). U.S. data roaming is **$0.006**/kB and International data roaming is **$0.03**/kB. ±A one-time Activation Fee of up to $35 (varies by province) also applies. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. **1** Unlimited Canada-wide calls apply to 10 numbers on MY10 list. International long distance, text-to-landline and roaming charges extra. Only 10-digit Canadian-based numbers eligible (excludes customers' own wireless number, voicemail retrieval number and special numbers like 1-800/1-900). One MY10 update/month. A $5 charge will apply for each update via customer care. **2** Compatible device required. Includes Extreme text/picture/video messages sent from Canada to Canadian wireless numbers and received texts from anywhere. Sent/received premium texts (alerts, messages related to content and promotions) sent international texts and sent/received Extreme Text picture/video/IM/email (as applicable) while roaming not included and charged at applicable rates. **3** Local calls evenings from 6 pm to 7 am Mon.-Fri. and weekends from 6 pm Fri. to 7 am Mon. excluding calls made through Call Forwarding, Video Calling or similar services. **4** Local calls only, excluding calls made through Call Forwarding, Video Calling or similar services. TM & ©2012 Marvel Characters, Inc. ©2012 CPII. All Rights Reserved. ©2012 Rogers Communications.

Teen has surgery

17-year-old shot by cops in stable condition: SIU

Ontario's police watchdog is asking for witnesses to come forward after a 17-year-old was shot by police in Pickering.

Durham regional police say a male suspect was shot Monday by an officer responding to a reported armed robbery at a veterinary clinic. The Special Investigations Unit says several shots were fired by police and the teen sustained at least one gunshot wound. THE CANADIAN PRESS

New partnership

Library date-due slips to get ads

The Toronto Public Library has issued a request for proposals in search of a company to sell advertisements on the back of date-due slips. A second request for proposals seeks a consultant to "evaluate all library channels and vehicles" for other advertising opportunities. TORSTAR NEWS SERVICE

Pan American Games

Labour laws need reform: Hudak

Progressive Conservative leader Tim Hudak is calling for a change to "outdated" Ontario labour laws, which he claims will lead to significant cost overruns at the TO2015 Pan American Games.

Appearing with MPP Rod Jackson, the Games PC critic, Hudak pointed to Ivor Wynne Stadium in Hamilton, which needs a $155-million renovation before it's ready to host the soccer event. Hudak said the price could increase by as much as 40 per cent because the city was handcuffed by "closed tendering." TORSTAR NEWS SERVICE

Marchers honour First Nations' contributions in War of 1812

People watch participants take part in the Eagle Staff Procession, hosted by the Assembly of First Nations, in Toronto on Monday. The Assembly of First Nations, a United Nations-type body made up of communities across the country, is holding its annual general meeting this week at the Metro Toronto Convention Centre. MICHELLE SIU/THE CANADIAN PRESS

Let's get physical: How sweat is good for you

Hold the antiperspirant. Under heat stress, the human body starts to become more efficient at sweating, says expert

Staying cool

"The fact is we shouldn't try to avoid sweating – it's actually the most important way we have as humans to insure that our body temperature doesn't reach temperatures that cause us harm."

Ira Jacobs, professor and dean of the Faculty of Kinesiology and Physical Education at the University of Toronto

After a week of regular exposure to extreme heat, the body changes to become capable of producing more sweat, says an expert.

Soaring mercury has already made Toronto a sweaty city and it's only going to get worse as people continue to adapt.

"You actually activate more sweat glands and each one of those glands in your body secretes more sweat," said Ira Jacobs, professor and dean of the faculty of kinesiology and physical education at the University of Toronto. "For those people who are outside regularly and walking and find themselves sweating regularly, the normal response is to actually sweat more."

While those uncomfortable jaunts to work may not leave you feeling fresh, the increased sweating is a response designed to keep you alive.

"The fact is we shouldn't try to avoid sweating — it's actually the most important way we have as humans to ensure that our body temperature doesn't reach temperatures that cause us harm," he said.

Jacobs notes that sweating, and letting that sweat evaporate, is the human body's best way of handling the heat.

As our bodies adapt those who exercise or work outdoors will be better off.

"If you're exercising at the same time you're being exposed to heat stress, you're going to quicken or accelerate the response to heat stress," he said.

As little as 30 minutes of exercise in Toronto's scorching heat can change the body, meaning hard-pedalling cyclists may sweat more but are also conditioning their bodies better than others.

"There will be less stress of the heart in those people who have a greater adaptive response to heat stress," said Jacobs. TORSTAR NEWS SERVICE

1 NEWS

On the web

How not to steal laughs at the pump

A cartoon presented by Enbridge at a conference had critics wondering if the company was trying to single out certain Persian Gulf countries as unethical oil sources compared to Alberta. Click on metronews.ca to read the energy giant's explanation of a scowling gas pump.

Mobile news

Revellers lavishly dressed as various mythological Hindu deities took part in the Bonalu festival in Hyderabad, India. Scan the code to view the gallery of colourful costumes.

Faculty of Liberal Arts & Professional Studies | Internationally Educated Professionals Bridging Program

Are you an immigrant and professionally skilled in

Business, HR or IT?

Make more of your international credentials and experience to enhance your future in Canada.
Info sessions July 17, 18, 24 or 25 — Register online: www.yorku.ca/makemore/learnmore

Funded by Canada Ontario

Benefit from:
> Low-cost or no-cost tuition and free loan of a laptop for qualified students
> Mentorship with industry professionals
> Flexible course schedule: full-time or part-time

www.yorku.ca/makemore
makemore@yorku.ca
416 736 5620

YORK UNIVERSITÉ UNIVERSITY
redefine THE POSSIBLE.

City council

Street parking rates up, sports field fees down

Toronto city council increased street parking rates and reduced new sports field fees during a flurry of activity last week before its summer break.

Rates at parking meters and machines will be gradually hiked across the city over the next six weeks, beginning with the downtown core.

The increase, the first since 2007, is expected to generate an additional $4 million per year.

Council also reduced the fees that are being introduced next year for the use of currently free city sports fields. TORSTAR NEWS SERVICE

Drug bust

GTA men charged after ketamine stash found

Two GTA men have been charged with importing a large amount of the drug ketamine, after a supply was found in a shipping container at the Port of Montreal. Ravi Chopra, 58, of Mississauga, and Kanwar Baljit Singh Salwan, 45, of Brampton, have been charged. TORSTAR NEWS SERVICE

Ketamine DARRYL DYCK/THE CANADIAN PRESS

Arson investigations

Man, 53, faces multiple charges in two T.O. fires

A Toronto man is facing several charges in connection with two arson investigations in the city.

Police say emergency services responded to a fire at a downtown heritage property in January last year and that surveillance video captured a suspect fleeing the area.

Police investigated another fire Thursday in another neighbourhood.

A 53-year-old Toronto man was arrested Friday.

Stewart Poirer faces nine charges, including attempted murder and multiple counts of arson. He is scheduled to appear in a Toronto court on Thursday. THE CANADIAN PRESS

House sales decline but prices up in GTA

Real estate. Home sales in the GTA were down 2.3 per cent from May and almost 8 per cent over a year ago

Impact of tighter mortgage lending rules yet to be felt

"That's a big change compared to what we saw as a response to previously announced changes. It will take some time before the compound effect of previous and recent changes to regulations on Canada's housing market becomes apparent."

Gregory Klump, CREA's chief economist

The scorching hot summer weather has helped cool off the Canadian housing market.

Sales were down 1.3 per cent last month over May across the country, and 4.4 per cent below June 2011 levels, the first year-over-year decline since April 2011.

The decline was led by Vancouver, which saw sales drop almost 28 per cent in June over a year earlier and house prices drop 13.3 per cent over June 2011.

Sales in the GTA were down 2.3 per cent from May and almost 8 per cent over a year ago, according to figures from the Canadian Real Estate Association.

But house prices continue to climb here, even as more listings — which have been in unusually short supply much of the last two to three years — came on the market.

The average GTA house hit $508,622 in June, up 6.8 per cent from the same period a year ago.

The number of newly listed homes rose 1.4 per cent from May to June across the country which, combined with fewer sales, put the national housing market in more balanced territory, says CREA.

The average house price across Canada actually dipped almost one percentage point this June over last.

"Canada's housing market lost a little altitude in June, but it's still flying pretty high," says Wayne Moen, the president of CREA.

While many realtors had been anticipating a flurry of sales activity up to July 9 — when tighter mortgage lending rules kicked in that are expected to have the biggest impact on first-time homebuyers — but that didn't materialize, according to the monthly market analysis. TORSTAR NEWS SERVICE

GTA home sales, like this one in the Islington and Queensway area, are down but prices are still going up, CREA reports. VINCE TALOTTA/TORSTAR NEWS SERVICE

Joginder Singh was killed in a hit-and-run incident on Timberlane Drive Monday. Singh was making his daily walk out to the Gurdwara Nanaksar Satsang temple, he was only a block away from the temple when he got hit. TORSTAR NEWS SERVICE

Car kills man on his way to pray

For more than a decade, Joginder Singh would walk to the Sikh temple down the street from his home every morning before dawn. On Monday, the 80-year-old man took what would be his last walk to pray.

At around 4 a.m., a dark-coloured vehicle drove down Timberlane Drive, a residential street in Brampton, and hit Singh, leaving him lying on the street as it fled, Peel police said.

A passerby called police at around 4:20 a.m. and they arrived to cover Singh's body as they investigated the scene.

Singh's turban was thrown off his head and fell beside the curb, his shoes were found a few feet from either side of him, and his walking cane remained close by.

Singh's grandson, Karanvir Dhaliwal, awoke Monday morning to the news that his grandfather was lying dead on the street, just a few houses down.

"I couldn't believe it until I saw it," Dhaliwal said. "Even when I saw it, I didn't believe it — it just hit me a while ago."

Dhaliwal, a 19-year-old engineering student at York University, said his grandfather always told him to have faith in God. He said Singh went to the temple every morning — "it's routine."

"He was one of the people who cared about what you thought," Dhaliwal said. "He just wanted to be my friend, that's how he was."

Dhaliwal said his family, especially his grandmother, is trying to cope with the news, and are helping each other deal with it.

"Everyone's shocked in the family. I just feel as the days go by, it's going to get harder," he said. "It's something that's part of life."

And for the driver who killed his grandfather, Dhaliwal has this to say: "It's easier for the families if you turn yourselves in. You know what you did at the end of the day, and it'll just make your life easier." TORSTAR NEWS SERVICE

WHO WANTS A FREE XBOX?

When you buy two HTC Radar™ 4G phones for $49 each on WINDtab™ with our $40 unlimited Canada-wide talk, text and data plan, you'll receive an XBOX 360® console free.

OFFER ENDS JULY 31, 2012. WHILE SUPPLIES LAST.

THAT'S THE POWER OF WIND™

Learn more at WINDmobile.ca

Offer ends July 31, 2012 or while supplies last. To be eligible for this promotion, purchase and activate 2 HTC Radar 4G smartphones on WINDtab in person at a WIND Mobile retail store with WIND's $40 per month plan during the Promotion Period. Xbox will be shipped directly to the customer within 4 – 6 weeks. This promotion is available at WIND Mobile retail locations only. Data services subject to WIND's Fair Usage Policy and Internet Traffic Management Policy. All services subject to WIND's Terms of Service and are for personal use by an individual. Applicable taxes extra. Other conditions apply. Full details at WINDmobile.ca ®2012 Microsoft Corporation. All rights reserved. Microsoft, Kinect™, Xbox, Xbox 360, Xbox LIVE, the Xbox logos and the Xbox Authentic product logo are trademarks of the Microsoft group of companies. All rights reserved. WIND, WINDtab and WIND MOBILE are trademarks of Wind Telecomunicazioni S.p.A. and are used under license in Canada by Globalive Wireless Management Corp. All other trademarks are the property of their respective owners. © 2012 WIND Mobile.

Buytopia.ca negotiates incredible, limited time discounts up to 90% off popular Toronto businesses by arranging a group discount

Limited Time to Buy, 1 Year to Redeem!

buytopia™.ca

Because life is better at 50 - 90% off

Must buy from **buytopia.ca** before **11:59pm Thur July 19**

51% OFF

salmon shifters

~~$300~~

$149 for an **Incredible Go-Kart Experience** on the **Fastest Karts in Canada**

- Go from 0 to 200 km/h in only 6 seconds!
- Experience the rush of real high-speed professional race karts
- One-of-a-kind experience, perfect gift for the thrill seeker in your life or a great group activity

Must buy from **buytopia.ca** before **11:59pm Fri July 20**

54% OFF

~~$140~~

$65 for a **4-Course Prix Fixe Steak Dinner for 2 at Il Mulino**

- Indulge yourself with delectable authentic Italian & Continental cuisine
- Certified Sommelier will help you find the perfect wine
- **Award winning** restaurant located in the heart of Forest Hill Village

Must buy from **buytopia.ca** before **11:59pm Thur July 19**

78% OFF

~~$170~~

$39 for a **50-Minute Massage AND a 30-Minute Body Scrub** or **30-Minute Facial**

- Premiere spa right in the heart of Yorkville
- Treat yourself or a loved one to a relaxing & refreshing experience!

Must buy from **buytopia.ca** before **11:59pm Fri July 20**

96% OFF

~~$375~~

$15 for **15** Drop-In **Boot Camp Classes**

- Most exciting, non-stop action fitness camps in Toronto
- Take advantage of the weather with outdoor class options
- Get fit, burn fat & build muscles quickly

Must buy from **buytopia.ca** before **11:59pm Thur July 19**

94% OFF

~~$90~~

$6 for a **Swarovski Elements** Birthstone Coloured **14K Rhodium Plated Ring**

- Choose from **12 colours** & **14 sizes**

RECEIVE ADDITIONAL 5% OFF WITH PROMO CODE: metro17bt

Refer a friend to these deals and earn up to **$50** each time! Visit www.buytopia.ca or call us for more details

Questions about these incredible offers? Call us toll free **1.855.442.2220**

These deals must be purchased at WWW.BUYTOPIA.ca

Johnsons Landing

Remains of second person found at landslide site

The remains of a second person have been uncovered at the site of a landslide in southeastern B.C. that killed four people.

The BC Coroners Service and RCMP says the remains of a second person were found at Johnsons Landing, though they didn't release the identity.

Four people were missing after Thursday's slide, including 60-year-old Valentine Webber, his two daughters and a German tourist.

On Sunday, searchers found a body believed to belong to Valentine Webber near the site of the slide.

Still unaccounted for are Rachel Webber, 17, Diana Webber, 22, and German national Petra Frehse, 64. THE CANADIAN PRESS

Record rains

Japan floods still affecting region

Most of the quarter-million people who fled flooding in Japan were able to return home by Monday, but the danger had not fully passed from record rains that have killed at least 28. Hundreds of landslides have been reported, and the military airlifted food to stranded districts. THE ASSOCIATED PRESS

Leadership shakeup

North Korea's vice-marshal dismissed

North Korea's Vice-Marshal Ri Yong Ho is out, dismissed from several powerful posts because of illness, state media said Monday in a brief surprise announcement just days after he last appeared in public. The decision was made at a Workers' Party meeting on Sunday, according to the official Korean Central News Agency. The dispatch did not elaborate on his condition or future. THE ASSOCIATED PRESS

Former North Korean Vice-Marshal Ri Yong Ho THE ASSOCIATED PRESS

Food safety

Needles found in airline sandwiches

Delta Airlines says needles were found in six sandwiches on four flights from Amsterdam to the U.S. on Sunday. The airline says security for its meal production has been increased and it is using more prepackaged food while the investigation continues. THE ASSOCIATED PRESS

Lawyer may be called as witness in Magnotta case

Body-parts murder. Romeo Salta says he met with accused killer, who complained of being abused by a mystery man

A lawyer who heard Luka Rocco Magnotta make allegations about being repeatedly abused and forced to have sex with animals says he could be called as a witness at his murder trial.

Romeo Salta, who says he met with Magnotta several times at his Manhattan office in the winter of 2010-11, told The Canadian Press he was informed of the possibility by the defence team last week.

Magnotta, 29, is now facing multiple charges, including first-degree murder, in the May slaying and dismemberment of Montreal university student Jun Lin. He has pleaded not guilty to all counts and is due back in court next March.

A day before Salta was told he might be called to testify, the attorney spoke to a reporter about Magnotta's assertions that he was frequently abused — physically, emotionally and sexually — by a mysterious acquaintance known as "Manny."

But two days after discussing his exchanges with Magnotta, Salta indicated he's been told to say no more.

He declined to answer follow-up questions because of a conversation he said he had with Magnotta's lead defence counsel, Luc Leclair.

Leclair did not immediately return a message asking about Manny and whether Salta could be a witness.

Salta recalled that a frightened Magnotta first contacted him in December 2010 or early January 2011 over concerns police were closing in on him amid a swirl of animal-cruelty accusations. THE CANADIAN PRESS

Ultra-Orthodox Jews rise against draft attempts

Handcuffed ultra-Orthodox Jews participate in a protest in Jerusalem on Monday against attempts to draft members of the cloistered community into the Israeli military. Thousands of ultra-Orthodox Jews, including hundreds of children, have been protesting. The government is currently trying to find a formula to obligate ultra-Orthodox Jews, who are currently exempt, to serve in the military before a court-determined Aug. 1 deadline. ODED BALILTY/THE ASSOCIATED PRESS

100% PERMANENT HAIR REMOVAL

YES!!!

Go to our new website now at www.omihair.com

100% REFUND

Clinical case studies for all laser treatments!

CASES NEEDED CALL NOW!

OMI MEDICAL INC. • 416.223.5500

www.omihair.com • OPEN 7 DAYS A WEEK

Rebels push into Damascus

Syrian rebels fired grenades at tanks and troops while regime armour shelled Damascus neighbourhoods on Monday, sending terrified families fleeing the most sustained and widespread fighting in the capital since the start of the uprising 16 months ago.

A ring of fierce clashes nearly encircled the heavily guarded capital as rebels seeking to overthrow President Bashar Assad pushed the civil war that has been building in Syria's impoverished provinces closer to the seat of power.

Monday's fighting suggested that deep cracks were appearing in the tightly controlled facade of calm that has insulated Damascus from violence throughout the uprising.

Damascus and Syria's largest city, Aleppo, are both home to elites who have benefited from close ties to Assad's regime, as well as merchant classes and minority groups who worry their status will suffer if Assad falls. THE ASSOCIATED PRESS

Say si to the city on the sea.

Non-stop flights to San Juan, Puerto Rico.

One-way fares from Toronto to San Juan:

From $159 + $80 taxes, fees & surcharges = $239*

Book by July 23, 2012 for travel on Saturdays until October 27, 2012.*

Looking for flight plus hotel? WestJet Vacations offers a variety of great packages.

Book your flights or vacation package today at **westjet.com** or call your travel agent.

PUERTO RICO DOES IT BETTER seepuertorico.com

WESTJET vacations WESTJET

*Book by July 23, 2012 for travel on Saturdays until October 27, 2012. Fares on other days may be higher. Advertised fare is based on non-stop flights. Advertised taxes and fees for U.S., Mexico and Caribbean destinations can fluctuate based on exchange rate. Advertised fares only apply to flights marketed and operated wholly by WestJet, and are not applicable when travelling with our code share, interline or other airline partners. Fuel surcharge between $22 - $45 per direction still applies to Air Miles™ redemption bookings. Seats at these fares are limited and may not be available on all flights. New bookings only. 100% non-refundable. Flights may not operate on certain days. All fares shown are one-way.

Neighbours are for sharing a cup of sugar, not the Internet.

With cable, your Internet access is shared with the whole neighbourhood, which means your speed can slow down when your neighbours are online. That doesn't happen with Bell because we give you dedicated access for more consistent speeds.[1]

Switch to Fibe™ Internet for:

- Blazing fast download speeds of up to 25 Mbps, enough for everyone in your home.[2]
- The fastest upload speeds on the market, the best for sharing and storing your content on the web.[2]
- Great usage included every month to go along with all that speed.
- Wireless Home Network included at no charge.

And you get all this for the best ongoing price in Toronto with our new packages.[4]

NEW FIBE INTERNET PACKAGES

FROM $29.95/MO.
for 6 months in a bundle[3]
from $36.95/mo. thereafter

All monthly fees included.
One-time $49.95 activation fee.

1 888 394-9953 • Visit a Bell store or The Source • bell.ca/fast

Bell internet just got better

Available at the following Bell stores:

AJAX
- Durham Centre

ALLISTON
- 36 Young St.

AURORA
- 14799 Yonge St.
- SmartCentres Aurora

BARRIE
- 44 Cedar Point Dr.
- 632 Yonge St.
- Barrie Power Centre
- Georgian Mall

BOLTON
- SmartCentres Bolton

BOWMANVILLE
- Clarington Place

BRAMPTON
- 59 First Gulf Blvd.
- 100 Great Lakes Dr.
- 10086 Hurontario St.
- Bramalea City Centre
- Shopper's World

BURLINGTON
- 1100 Walker's Line
- Appleby Crossing
- Burlington Mall
- Mapleview Mall

CAMBRIDGE
- 499 Hespeler Rd.
- Cambridge Centre

COBOURG
- Northumberland Mall

ETOBICOKE
- Cloverdale Mall
- Sherway Gardens
- Woodbine Centre

GEORGETOWN
- 330 Guelph St.

LINDSAY
- 229 Kent St.
- Whitney Town Centre

MARKHAM
- 7357 Woodbine Ave.
- Markville Shopping Centre
- Pacific Mall

MILTON
- 377 Main St. E.

MISSISSAUGA
- 980 Eglinton Ave. E.
- Dixie Value Mall
- Erin Mills Town Centre
- Heartland Power Centre
- Sheridan Centre
- Square One Shopping Centre
- Square One Shopping Centre – Kiosk
- Westgate SmartCentres

NEWMARKET
- Upper Canada Mall

NORTH YORK
- 1635 Lawrence Ave. W.
- 170 Rimrock Rd.
- Bayview Village
- Centerpoint Mall
- Crossroads Plaza
- Empress Walk
- Lawrence Square
- North York Sheridan Mall
- Sheppard Centre
- Yorkgate Mall

OAKVILLE
- Hampshire Gate at Dundas
- Oakville Place

ORANGEVILLE
- 114 Broadway Ave.

OSHAWA
- Five Points Mall
- Oshawa Centre

PICKERING
- Pickering Town Centre

RICHMOND HILL
- Hillcrest Mall
- Richmond Heights Plaza

SCARBOROUGH
- 259 Morningside Ave.
- Cedarbrae Mall – Kiosk
- Malvern Town Centre
- Parkway Mall
- Scarborough Town Centre

SUDBURY
- Brady Square
- New Sudbury Centre
- Southridge Mall

THORNHILL
- Promenade Mall

TORONTO
- 2256 Bloor St. W.
- 209 Danforth Ave.
- 2171 Queen St. E.
- 2323 Yonge St.
- Chinatown Centre
- College Park
- Dufferin Mall
- East York Town Centre
- Eaton Centre
- Eaton Centre II
- Eglinton Square
- Gerrard Square
- Holt Renfrew Centre
- Royal Bank Plaza
- Scotia Plaza
- Shoppers World Danforth
- Shops at Don Mills
- Yorkdale Shopping Centre – Kiosk

UXBRIDGE
- 307 Toronto St. S.

VAUGHAN
- Vaughan Mills

WHITBY
- Whitby Mall
- Whitby SmartCentres

WILLOWDALE
- Fairview Mall
- Fairview Mall – Kiosk

WOODBRIDGE
- 4080 Highway 7

Also available at:

The SOURCE

Offer ends July 31, 2012. Available to new residential customers in select dwellings in Ontario where access and technology permit. E-bill is provided at no cost and paper bill is available for $2/month. Modem rental required; one-time modem rental fee waived for new customers. Fibe Internet 5/1: download speeds of 5 Mbps, upload speeds from 680 Kbps to 1 Mbps – actual speeds will vary depending on the distance between the customer's modem and switching equipment from Bell; data usage 15GB/mo.; $2.50/additional GB; (max. $80). Subject to change without notice; not combinable with any other offers. Taxes extra. Other conditions apply. (1) Applies to the access between the customer's modem and switching equipment from Bell. (2) Speed and signal strength may vary with your configuration, Internet traffic, server, environmental conditions, applicable network management or other factors; see bell.ca/internet. (3) Available to new customers who continuously subscribe to Fibe Internet 5/1 and at least one other select service in the Bell bundle; see bell.ca/bundle. Promotional $29.95 monthly price: $40.95 monthly price, less $4 bundle discount, less monthly credit of $7 applicable for months 1 to 6. Total monthly price after 6 months is $36.95 (subject to change). (4) Current as of June 1, 2012. Based on Bell's regular monthly price compared to main cable provider's comparable services at a regular monthly price. Cable's regular $37.89 monthly price: Lite Internet ($35.99, plus $5.50 hardware rental, less $3.60 bundle discount); up to 3 Mbps download and up to 256 Kbps upload; 15GB/mo. vs. Bell's regular $36.95 monthly price: Fibe 5/1 ($40.95, less $4 bundle discount); up to 5 Mbps download and up to 1 Mbps upload; 15GB/mo. Fibe is a trade-mark of Bell Canada.

Study. YouTube now a major news platform

Changing media. TV news still dominates, but video-sharing site emerging as place to go in times of big events

A new study has found that YouTube has become a major platform for news, one where viewers are turning for eyewitness videos in times of major events and natural disasters.

The Pew Research Center's Project for Excellence in Journalism on Monday released its examination of 15 months of the most popular news videos on the Google Inc.-owned site.

It found that while viewership for TV news still easily outpaces those consuming news on YouTube, the video-sharing site is a growing digital environment where professional journalism mingles with citizen content.

"There's a new form of video journalism on this platform," said Amy Mitchell, deputy director of the Pew Research Center's Project for Excellence in Journalism.

"It's a form in which the relationship between news organizations and citizens is more dynamic and more multiverse than we've seen in most other platforms before."

The Japanese earthquake and tsunami was the most-viewed news event during the length of the study, which spanned January 2011 to March 2012. The top videos from Japan included footage from surveillance cameras, a news network and a Japanese Coast Guard vessel — a typical variety of sources.

"One of the things that emerges here is the power of bearing witness as a part of a news-consumption process," said Mitchell. "Many of the most-viewed stories that we're looking at here have real powerful imagery around them." THE ASSOCIATED PRESS

Details

- More than a third of the most-watched videos came from citizens.
- More than half came from news organizations, but footage in those videos sometimes incorporated footage shot by YouTube users.

Ninety-year-old has more fun than you

Lester Slate, right, a 90-year-old from Exeter, Maine, sits on the ground after his first skydiving jump made in tandem with instructor, Matt Riendeau, at Central Maine Skydiving in Pittsfield on Sunday.

KEVIN BENNETT/BANGOR DAILY NEWS/THE ASSOCIATED PRESS

Alleged harassment

Judge's accuser grilled in court

A man who says he was sexually harassed by a Manitoba judge faced accusations Monday that he is no innocent victim, but rather someone who is interested in sexual dalliances and has a history of suing people.

Alexander Chapman was the first witness to testify at an inquiry into Lori Douglas, a Court of Queen's Bench justice whose sexually explicit photos wound up on a website after her husband posted them without her knowledge.

THE CANADIAN PRESS

B.C. woods

Filmmaker missing

RCMP in northern British Columbia are searching the woods for a documentary filmmaker from the United States.

Warren Sill from Ohio was filming a documentary on a group of black bears that inhabit the area. Sill said he would be gone four or five days, but his parents say they haven't spoken to him since July 4.

THE CANADIAN PRESS

2012
LCBO BREWMASTERS CUP
DISCOVER LCBO THE WORLD
ONLY YOU CAN DETERMINE THE FATE OF THE REMAINING EIGHT.
Now that eight worthy beers from around the globe have advanced to the quarterfinals of the LCBO Brewmasters Cup, the power rests in your hands to ultimately decide who will rise to the top.
Cast your vote today at brewmasterscup.com
Vote today!
brewmasterscup.com
WITH 418 CHOICES FROM 39 COUNTRIES, THIS SUMMER, THE LCBO IS YOUR BEER HEADQUARTERS.
Must be legal drinking age.

U.S. tourists, Egyptian guide kidnapped in Sinai are freed

Egypt. Two Americans, their guide unharmed by Bedouin kidnapper who was demanding the release of his uncle detained by police

Two American tourists and their Egyptian guide who were abducted by a Bedouin in Egypt's Sinai Peninsula last week were released unharmed on Monday after negotiations with security officials and tribal leaders.

Rev. Michel Louis, 61, and 39-year-old Lissa Alphonse, both Boston-area residents, had been kidnapped from a bus on Friday along with their guide, Haytham Ragab, on a Sinai road by a Bedouin who was demanding the release of his uncle, who had been detained by Egyptian police on suspicion of drug possession.

The kidnapper, Jirmy Abu-Masuh, told AP that he had handed the three over to security officials near the northern Sinai city of el-Arish on Monday after he was promised that authorities were working on his uncle's release.

Breakdown of security

The abduction illustrated a broader breakdown of security in the Sinai, a key destination in Egypt's vital tourism industry, where lawlessness has risen since last year's ouster of President Hosni Mubarak.

- Relations between the Bedouin and authorities have long been tumultuous, with Bedouin complaining of discrimination and abuses against them by security forces.
- This year has seen a string of kidnappings of tourists, usually by Bedouin trying to wrest concessions from authorities or the release of jailed relatives.

Boston-area residents Rev. Michel Louis, 61, and Lissa Alphonse, 39, were kidnapped along with their Egyptian tour guide on a road in the Sinai Peninsula, Egypt. The two Americans were on a Holy Land tour heading from Cairo to St. Catherine's Monastery, located at the foot of Mount Sinai. PAOLA CROCIANI/THE ASSOCIATED PRESS

"We are a people of mercy and they don't have anything to do with this," Abu-Masuh said, referring to the Americans. The three released captives later appeared at a police station in the northern Sinai city of el-Arish.

In Boston's Dorchester section, where Louis lives, about 10 family members and friends celebrated the news on the porch of his home, hugging and chanting "hallelujah." THE ASSOCIATED PRESS

Alexandria

Building collapse kills 19 in Egypt

Egypt's Health Ministry says the death toll in the collapse of a building in the Mediterranean port city of Alexandria has risen to 19. The ministry released the latest figures as rescue teams continued to search Monday for survivors buried under the rubble. THE ASSOCIATED PRESS

Mubarak

Egypt's ex-leader back in prison

Mubarak. THE ASSOCIATED PRESS

Ousted leader Hosni Mubarak returned to prison on Monday after weeks in a top-line military hospital. A prosecutor said the 84-year-old ex-president's health had improved from several weeks ago, when he was reportedly on the brink of death. THE ASSOCIATED PRESS

SMOKERS NEEDED

We are seeking healthy men and post-menopausal or surgically sterile women, 19 to 55 years old, who want to participate in a clinical research study with an investigational drug to help stop smoking.

The study will consist of 2 screening visits and 19 outpatient study visits over 13 months.

Financial compensation up to $4000.

inc Research®

www.studies4u.com
416.640.4004 • 1.866.222.8063
720 King Street West, 7th Floor (north elevators)

Festival d'été de Québec. One of best-kept secrets

"This is an incredible place to be, an incredible city," says Raine Maida with a smile. Canadian rockers Our Lady Peace are just finishing a raucous hour-long set, and lead singer Maida pauses to gaze out at the 85,000 people spilling across the Plains of Abraham.

The crowd — mostly residents of Quebec City — roars back its approval. Maida smiles and gives a farewell en français: "Bon soir, mes amis."

But the night is far from over. Minutes later, Steven Tyler and Aerosmith explode onto the stage, complete with leather pants, sequin blazers and screams of "Holy s—, Quebec!" The pulsating crowd erupts with screams of approval.

Late Sunday, Quebec City wrapped the 45th edition of what by many accounts is the largest outdoor music festival in North America. The Festival d'été de Québec — or Quebec City Summer Festival — sold out its 150,000 wristband passes in less than 48 hours, and hosted more than a million visitors and upwards of 300 bands over 11 days.

Headliners this year included Bon Jovi, the aforementioned Our Lady Peace and Aerosmith, Skrillex, LMFAO, The Offspring, Sarah McLachlan and Lionel Richie. Past performers include The Arcade Fire, Santana, Iron Maiden, Black Eyed Peas, Rush, Elton John, Metallica, The Black Keys, and many more.

It's a fest on par with big American attractions like Coachella or Bonnarroo (each sell about 75,000 wristbands), but while those two mega-festivals each cost about $250 for three to four days, the non-profit and partially government-funded Festival d'été costs only $65 for 11 days.

"When we tell bands that they're going to have crowds of 80,000 people, they never believe us," says festival production director Patrick Martin. "They're expecting a country field and a show in the mud."

The event did have humble beginnings, back in 1968, as a francophone festival featuring Quebecois music as well as acts from France. Then in 2003, organizers asked the people of Quebec City what they wanted in the festival.

The answer? "Stars and headliners," says Martin. "The programming now reflects that." The budget, too, has nearly quadrupled over the past decade, and now sits at $23 million.

You'd think with the huge names that sing in English and the almost comically low price, the festival would be a bigger draw to out-of-towners from across Canada and the U.S., yet 69 per cent of attendees come from the Quebec City area.

So why don't the rest of us know about it? Canadian musician Grimes, who played at this year's fest, has a theory: "Most people outside of Canada haven't even heard of Quebec City. If it's not Vancouver or Toronto, it's not on people's radar. The funny thing is, this will probably be the biggest show I've ever played."

LIA GRAINGER/FOR METRO

Massive crowds spilled out across the Plains of Abraham for Canada's biggest music festival, the Festival d'été de Québec, featuring 414 shows over 11 days. KASH KALEGI/FOR METRO

Quoted

"When we tell bands that they're going to have crowds of 80,000 people, they never believe us. They're expecting a country field and a show in the mud." Festival production director Patrick Martin

By the numbers

45 age of the Festival d'été in years

167,500 passes sold in 2011

$65 cost of an 11-day festival wristband

$23M this year's budget

Years to remember

- **1968:** Seven local artists start the Festival d'été.
- **1980s:** The festival expands to include acts from Africa, Europe and the U.S.
- **1992:** The festival hosts 414 shows from 22 countries.
- **2008:** As part of Quebec's 400th anniversary, the festival draws 1.7 million spectators.
- **2010:** 28 per cent of Quebec City adults attend the festival, setting a record.
- **2012:** More than 90,000 people attend the Bon Jovi concert on the Plains of Abraham.

FLIGHT CENTRE® Unbeatable

Airfares

London $69

Travel Jul 21 - Aug 5/ts		+ taxes & fees $580
Glasgow Travel Jul 21 - Jul 29/ts	$18	+ taxes & fees $580
St John's Travel Aug 28/wg	one-way $139	+ taxes & fees $126
Vancouver Travel Aug 21/wg	one-way $189	+ taxes & fees $130
New York Travel Sep 11 - Sep 18/ac	$198	+ taxes & fees $111
Costa Rica Travel Sep 12 - Sep 26/dl	$199	+ taxes & fees $287
Panama Travel Jul 23 - Jul 30/c6	$199	+ taxes & fees $314
Paris Travel Oct 9 - Oct 17/ts	$294	+ taxes & fees $526
Lima Travel Sep 11 - Sep 25/la	$299	+ taxes & fees $434
Madrid Travel Jul 22 - Aug 20/ts	$299	+ taxes & fees $494
Las Vegas Travel Aug 22 - Aug 29/ac	$318	+ taxes & fees $132
Sydney Travel Sep 12 - Oct 2/dl	$799	+ taxes & fees $896

Discover Canada

Niagara Falls Family Special, 2 Nights $69◊

Ramada Niagara Falls taxes & fees included
INCLUDES accom near Falls Avenue. Price per person based on family of 4. Travel Aug 5, 12, 19/ggv. ADD *Maid of the Mist* for $21. BOOK this package based on double occupancy for $152.

Mont Tremblant Family Special 2 Nights $79◊
Country Inn and Suites taxes & fees included
INCLUDES accom in the Village. Price per person based on family of 4. Travel Jul 24, 31/ggv.

Haliburton Family Special 2 Nights $94◊
Pinestone Resort and Conference Centre taxes & fees included
INCLUDES accom in the Haliburton Highlands. Price per person based on family of 4. Travel Jul 24, 31, Aug 7/ggv. BOOK this package based on double occupancy for $205.

Muskoka Family Special 2 Nights $99◊
Hidden Valley Resort taxes & fees included
INCLUDES accom on Peninsula Lake. Price per person based on family of 4. Travel Jul 23, 30/ggv. BOOK this package based on double occupancy for $221.

USA

Orlando Family Special Air + 7 Nights + Car $164◊

Orlando Continental Plaza + taxes & fees $308
INCLUDES accom near theme parks with 7-day car rental. Price per person based on family of 4. Departs Jul 27/vth/ts.

Chicago Air + 3 Nights $428
Essex Inn + taxes & fees $130
INCLUDES central accom. Departs Aug 20/ggv/dl.

New York Air + 3 Nights 4-Star $574
Millennium Hilton + taxes & fees $122
INCLUDES Manhattan accom. Departs Aug 13/ggv/ac.

All-inclusive Vacations

Puerto Vallarta 7 Nights 5-Star $415

Riu Jalisco + taxes & fees $357
Departs Jul 19/swg/wg.

Panama 7 Nights 4-Star $497
Royal Decameron + taxes & fees $314
Departs Aug 6/nol/c6.

Las Vegas on Sale

Las Vegas Air + 4 Nights 4-Star $175

Flamingo Las Vegas + taxes & fees $309
INCLUDES accom on the Strip. Departs Aug 26/swg/wg.

Las Vegas Air + 4 Nights 5-Star $285
Mandalay Bay + taxes & fees $309
INCLUDES accom on the Strip. Departs Aug 26/swg/wg.

Las Vegas Air + 5 Nights + 3-Day Tour $619
Circus Circus + taxes & fees $290
INCLUDES accom on the Strip, 3-day tour visiting Zion National Park and the Grand Canyon. Roundtrip Las Vegas. Departs Sep 28/ggv/int/wg.

Vacation

Costa Rica Air + 8 Nights $954
Ramada Plaza Herradura + taxes & fees $341
INCLUDES San Jose accom in the Central Valley. BONUS daily breakfast included. Departs Aug 8/ggv/ua. UPGRADE to 4-star Real Intercontinental Hotel for $40 per night. ADD whitewater rafting for $110.

LOWEST AIRFARE GUARANTEE We will beat any airfare quote or you fly free!

24/7 1 866 485 7092 | TEXT Join our Insider Club for hot deals. Text YYZ to 131 600 | flightcentre.ca | Visit us in store.

Conditions apply. Ex: Toronto. Air only prices are per person for return travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy for total length of stay unless otherwise stated. All-inclusive vacations include air. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ◊Price is per person for quad occupancy (2 adults & 2 kids ages 2-17). vth/ts=transat, swg/wg=sunwing, ac/acv/qk=air canada, wsv/ws=westjet, aa=american airlines, la=lan, c6=canjet, ua=united, dl=delta, int=intrepid, ggv=gogo vacations, nol=nolitours. † We will beat any written quoted airfare by $1 and give you a $20 voucher for future travel. "Fly Free" offer applies only where all "Lowest Airfare Guarantee" criteria are met but Flight Centre does not beat quoted price. Additional important conditions apply. For full terms and conditions visit www.flightcentre.ca/lowestairfareguarantee-flyfree. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384

ADVERTISEMENT

"For years, I suffered from unbearable stiffness and swelling in my hands"

"How I BEAT The Pain That Almost Ended My Career!"

By Jaudon Sunde
Medical Cosmetic Technician

For nine long years, I lived in sheer agony. I suffered from inflammation and horrible stiffness in my hands. Unless you've experienced it for yourself, you can't imagine how bad the pain really is. It nearly crippled me and almost ended my career.

As a Medical Micropigmentation Specialist in Cleveland, Ohio, **I need my hands for applying medical tattooing and permanent makeup for cancer patients, burn victims, and for people who need facial reconstruction.**

I was proud that in 2010, FOX 8 TV news viewers voted me the "Best Permanent Cosmetic Technician" in the area and I have consistently ranked in the top 2% nationally.

But suddenly, my career was in danger. I was told that the intense precision of my work combined with the brutal cold winters in Ohio contributed to major stiffness and inflammation.

So naturally, I tried just about every pain remedy and topical cream on the market. Nothing worked. The pain was getting worse and worse.

So for all these years, I got by on a steady regimen of over-the-counter pills. The pain in my hands got so bad that I started taking pain relievers 2-3 times a day. And still my agony persisted.

I was faced with a dreadful choice: Either have the painful surgery on my hands and be laid up for months...or cut my workload in half. I was between a rock and a hard place.

I couldn't afford to do either. I had to find a better way to get real relief.

Then one day at dinner a friend of mine told me that inflammation is worse than I thought. "It's called the 'secret killer,' and for good reason," he said. "Left alone, it can ravage your arteries, chew up nerve cells in your brain, and lead to all kinds of age-related ailments.

"The good news is that researchers at the University of Arizona have now confirmed that the Nopal cactus — found in the Sonoran Desert in the southwest U.S. — has tremendous power. It can help fight off harmful inflammation without risky drugs. And it can help reduce the pain caused by inflammation.

"It turns out that the fruit of this plant is loaded with a special concentration of something called a 'bioflavonoid.' It's a super-powerful antioxidant that scientists believe to be perhaps the best natural anti-inflammatory agent on the planet. And it's **proven to reduce inflammation and detoxify your body naturally."**

He then spoke the words that would change my life. "I think all you need to do is try a fruit drink." I was shocked! How is an ordinary fruit drink going to end my misery? "Well, it's not an ordinary fruit drink. It's called **Nopalea**, a breakthrough wellness drink that contains these incredible bioflavonoids I told you about. Drink it and you'll be amazed how great you're going to feel."

I was skeptical, but I was also desperate. He brought me a bottle and I took a sip. I was shocked that it actually tasted fruity and delicious. I really enjoyed drinking it.

In just 5-6 days, an amazing thing happened. I started to feel much better. My stiffness loosened up and I moved around better than I had in years with no pain.

I was over joyed! The inflammation in my hands showed dramatic improvement. I kept taking 3 ounces of **Nopalea twice a day and after about 30 days, I could perform my duties 95% pain free!**

Even the doctors I work with were amazed at my amazing improvement. I no longer need surgery. I am busier than ever before and I love it!

I also found out that the betalains in **Nopalea** aid my body in healing by surrounding unhealthy cells and draining them of toxic waste.

Jaudon Sunde, Micropigmentation Specialist, says that "Nopalea has been a life-saver in every sense of the word."*

But don't believe me. You must try this drink for yourself. If you're suffering with the same inflammation and pain that I did, you owe it to yourself to get real relief. Once you try **Nopalea**, I know you'll agree that it's the best thing that's happened to you in a long, long time.

TRY A FREE BOTTLE!

In fact, the manufacturers of **Nopalea** are so confident that they've agreed to give the readers of this newspaper a special introductory offer. **Call now and they'll ship you a 32-ounce bottle for FREE!** Just pay a small shipping and handling fee.*

There's no risk. No obligation. **But hurry**–they only have a limited number of **FREE** bottles to give away. And when they're gone, they're gone forever.

So do yourself a favor and give your body the great relief it needs. Call today and you'll be like me — a true believer!

Call Now, Toll-Free

1-800-941-5085

Just pay $9.95 shipping and handling.

*Affiliate Members may receive commission on the sale of TriVita products.

This product is not intended to diagnose, treat, cure or prevent any diseases. Children, women who are pregnant or nursing , and all individuals allergic to any foods or ingredients should consult their healthcare provider before using this product. You should not stop taking any medications without first consulting with your healthcare provider. To report a serious adverse event or obtain product information, contact 1-800-991-7116.

BlackBerry-maker

RIM shares drop after patent suit

Shares of Research In Motion closed down more than three and a half per cent on Monday as investors reacted to a U.S. court ruling against the BlackBerry maker.

RIM's stock dropped 26 cents to end at $7.09 on the Toronto Stock Exchange.

The smartphone company was slapped with damages of $147.2 million US late Friday. A jury in northern California decided that RIM infringed on patents owned by Mformation Technologies.

THE CANADIAN PRESS

CN162-006 • BMS-820836

Have you tried taking medication for your

DEPRESSION

and not been satisfied with your improvement?

If so, you may wish to consider participating in a clinical research study for people with depression who are not responding to treatment. Eligible study participants may receive study-related: medical care, investigational medication, laboratory work, and evaluations at no cost.

NOW ENROLLING
For a Major Depression Clinical Study. Call Today.

Clinical Trials Office,
University Health Network
416-340-4800 ext. 8839

University Health Network

New Office responds to touch

Microsoft CEO Steve Ballmer speaks at an event in San Francisco on Monday. He unveiled a new version of the company's widely used, lucrative suite of word-processing, spreadsheet and email programs, one designed specifically with tablet computers and Internet-based storage in mind. Like an upcoming redesign of Microsoft's Windows operating system, the new Office will respond to touch as well as commands delivered on a computer keyboard or mouse. JEFF CHIU/THE ASSOCIATED PRESS

Market Minute

DOLLAR 98.55¢ (-0.01¢)

TSX 11,521.18 (+6.65)

OIL $88.43 US (+$1.33)

GOLD $1,591.60 US (-40¢)

Natural gas: $2.8010 US (-7.3¢)
Dow Jones: 12,727.21 (-49.88)

Goldman Sachs downgrades Tim Hortons to 'sell'

Wall Street. Increasing pressure in competitive market moves investment firm to lower rating of coffee-and-doughnut chain

Tim Hortons has been downgraded to a "sell" rating at Goldman Sachs over concerns that moderation in same-store sales could be a harbinger of more pressure in the hyper-competitive coffee market.

Slow growth

"Tim Hortons derives over 95 per cent of its operating profit in Canada, and growth into new geographies is coming at a somewhat moderate pace."

Analyst Michael Kelter at the Wall Street investment firm Goldman Sachs

A note from analyst Michael Kelter at the Wall Street investment firm says he is concerned about early indications of "impending Canadian saturation" that could reflect increased pressure.

"We see a five per cent downside in Tim Hortons shares versus a seven per cent average upside across the sector," he wrote.

He also expects the company might report a miss on same-store sales when it reports second-quarter earnings next month.

Earnings-per-share estimates were reduced to $2.72 from $2.77 for 2012, he said. Other reductions were made for 2013, with EPS down to $3.06 from $3.13, and to $3.34 from $3.48 in 2014.

The Canadian coffee market has faced a growing number of new entrants, including an expansion by Seattle coffee chain Starbucks and low-priced coffee and specialty drinks at McDonalds.

THE CANADIAN PRESS

CHEVROLET

CRUZE

CHEVROLET SUMMER BREAK EVENT
FINANCE 0% FOR UP TO 84 MTHS.
LEASE 0% FOR UP TO 48 MTHS.

54 MPG HIGHWAY
5.4L/100 KM HWY | 7.8 L/100 KM CITY◊

LTZ WITH RS PACKAGE††

TOP SAFETY PICK 2012
CONSUMERS DIGEST BEST BUY

CHEVROLET CRUZE, THE FASTEST GROWING NAMEPLATE IN CANADA◊

2012 CRUZE LS

FINANCE FOR 0% FOR 84 MONTHS‡ AT $93 BI-WEEKLY. $0 DOWN PAYMENT. OFFERS INCLUDE FREIGHT, PDI & LEVIES. TAXES NOT INCLUDED. PURCHASE PRICE $16,995*.

OR LEASE FOR ONLY 0% FOR 48 MONTHS▾

- Best-in-Class Safety◊ with 10 Airbags
- Power Windows, Door Locks and Remote Keyless Entry
- StabiliTrak® Electronic Stability Control System with ABS

SEE HOW CRUZE COMPARES

	CRUZE LS	ELANTRA L	CIVIC LX
84 MONTH FINANCE RATE	0%	1.90%	1.99%
STANDARD AIRBAGS	10	6	6
STANDARD WHEELS	16"	15"	15"
ONSTAR®	✔	✘	✘
STANDARD REMOTE KEYLESS ENTRY	✔	✘	✔
TRANSMISSION	6-SPEED	6-SPEED	5-SPEED
CARGO VOLUME (L)	425	420	353

Based on latest available competitive information**

LET YOUR SUMMER BEGIN AT YOUR CHEVROLET DEALER TODAY.

CHEVROLET

GM Canada

THE BEST COVERAGE IN CANADA
5 YEARS / 160,000 KM* • POWERTRAIN COMPONENT LIMITED WARRANTY • ROADSIDE ASSISTANCE • COURTESY TRANSPORTATION

VEHICLE PRICING IS NOW EASIER TO UNDERSTAND BECAUSE ALL OUR PRICES INCLUDE FREIGHT, PDI AND MANDATORY GOVERNMENT LEVIES. Prices do not include applicable taxes and PPSA. Consumers may be required to pay up to $799 for Dealer fees.***

visit us at: www.ontariochevroletdealers.com

For the latest information, visit us at chevrolet.ca, drop by your local Chevrolet Dealer or call us at 1-800-GM-DRIVE. †Offer applies to the purchase of 2012 Chevrolet Cruze LS R7A. ‡ 0% purchase financing offered by GMCL for 84 months on 2012 Chevrolet Cruze LS R7A. O.A.C by TD Auto Finance Services. Rates from other lenders will vary. Example $10,000 at 0% APR, monthly payment is $138.89 for 84 months. Cost of borrowing is $0, total obligation is $10,000. Down payment and/or trade may be required. Monthly/Bi-weekly payment and cost of borrowing will vary depending on amount borrowed and down payment/trade. Bi-weekly payments based on a purchase price of $16,995 with $0 down payment. ▾ Based on a 48 month lease for 2012 Chevrolet Cruze LS R7A. Annual kilometre limit of 20,000 km, $0.16 per excess kilometre. OAC by GM Financial. Monthly payments may vary depending on down payment/trade. A down payment or trade of $0 and/or $0 security deposit is required. Total obligation is $10,135. Option to purchase at lease end is $6,860. Excess wear and tear and km charges not included. Offers apply as indicated to 2012 new or demonstrator models of the vehicle equipped as described. Offers apply to purchase/lease contracts established by participating dealers in Canada between July 3, 2012 and July 31, 2012. Limited time offers which may not be combined with other offers. GMCL may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. See dealer for details. ***Factory order or dealer trade may be required. ◊ Based on retail registrations in the 12 months following launch. ◊ Based on WardsAuto.com 2012 Upper Small segment, excluding Hybrid and Diesel manual transmission. Fuel consumption ratings based on Natural Resources Canada's 2012 Fuel Consumption Guide. Your actual fuel consumption may vary. ©For more information go to ihs.org/ratings. © The Best Buy Seal is a registered trademark of Consumers Digest Communications, LLC, used under license. * Based on WardsAuto.com 2012 Upper Small segment, excluding Hybrid and Diesel powertrains. Standard 10 airbags, ABS, traction control and StabiliTrak®. ††2012 Cruze LTZ with PDA, MSRP with freight, PDI & levies $28,604. Dealers are free to set individual prices. ** Vehicle specifications and purchase price based on information on the manufacturer's website ad at time of posting for the 2012 Chevrolet LS, 2012 Hyundai Elantra L Sedan and 2012 Honda Civic LX all models with 6 Speed Manual (freight included, tax excluded).

Economy continues with slow growth: IMF

Fund. Canadian growth rates fall below Bank of Canada's 2.4 per cent in 2012 and 2013

The International Monetary Fund is calling for further government action amid signs the recovery is faltering in many countries, though Canada's outlook has held up better than most other advanced economies.

The 188-country organization said Monday that it expects Canada's economy will grow modestly, by 2.1 per cent this year and 2.2 per cent next year — virtually unchanged from the IMF's forecast in April.

That's not the case in many parts of the world.

The IMF's July outlook warns that, after a better-than-expected start to the year, growth is slowing in many parts of the world, shaving two-tenths of a point off of the IMF's 2013 estimate, which falls to 3.9 per cent.

The 2012 growth estimate has also been reduced, by one-tenth of a point, to 3.5 per cent.

The expansion is mostly due to strong, if moderating, growth rates in the emerging economies and smaller advanced economies, such as Australia. THE CANADIAN PRESS

The €20, and €50 notes are the most commonly forged, the European Central Bank says. THE ASSOCIATED PRESS

European Central Bank

Number of counterfeit euro bills drops

The European Central Bank says the number of counterfeit euro bills fell 15.2 per cent in the first six months of the year compared with the first half of 2011, with €20 ($25) and €50 notes being the most commonly forged.

The Frankfurt-based bank said Monday that the two bills made up 77 per cent of the 251,000 counterfeit bills detected. THE ASSOCIATED PRESS

Glitch

Skype says bug affected small number of users

Online calling service Skype is confirming a bug that has caused instant messages to be sent to the wrong contacts. Skype, which is owned by Microsoft Corp., said in a statement Monday that only a "small number of users" are affected. It called the bug a "rare occurrence" but did not go into details about what caused it. THE ASSOCIATED PRESS

Infrastructure. Atco to work with remote communities

Atco Group said Monday it is starting a new business that will provide pre-fabricated buildings to remote aboriginal communities across Canada that badly need infrastructure.

The Calgary-based company said the new subsidiary, Atco Sustainable Communities, can design and build entire communities, including offices, schools, daycare centres, housing, hockey arenas and retail outlets. Atco Sustainable Communities already has "tens of millions" of dollars in business, with six projects already on the go. Atco president and CEO Nancy Southern said the company has been partnering with indigenous communities since 1981. THE CANADIAN PRESS

Strike. Vale wins court bid

Mining giant Vale won a court application Monday to prosecute striking workers if they block access to a new nickel-processing site, upping the ante in an increasingly nasty labour dispute in southern Newfoundland.

What started Thursday as a wildcat strike by about 90 crane operators entered its fifth day as the company and workers traded accusations of intimidation and ill will. About 1,000 workers — half the usual labour force — went back to work Monday in Long Harbour, N.L., north of Placentia on the Avalon Peninsula, after union leaders urged them to respect a collective agreement signed in 2009. The rest stayed away in part, Vale says, because striking workers have snarled traffic on the road leading to the site. THE CANADIAN PRESS

SMART MORTGAGE
• 1st and 2nd mortgages
• New purchases and refinancing
• Programs for Self Employed and New Immigrants
MORTGAGE TIP OF THE DAY:
Your existing mortgage can be transferred to a new property if you have portability clause in your mortgage contract. Mortgage broker can explain your options.
Our services are free to well qualified clients and our rates are exceptional.
FIXED RATES
TERM | BANK RATE | OUR RATE*
3 YEARS | 3.95% | 2.65%
5 YEARS | 5.24% | 2.99%
7 YEARS | 6.35% | 3.65%
10 YEARS | 6.75% | 3.89%
Please call us at (905)889-9888
LD Financial Group LTD
Professionalism you can trust
FSCO Licence #12034 *APR • Web: www.ifin.ca

The Bloodmobile in your neighbourhood:
VISIT WWW.BLOOD.CA TO BOOK ONLINE OR CALL 1-888-2 DONATE TO BOOK AN APPOINTMENT DATE OR TO INQUIRE ABOUT UPCOMING BLOODMOBILE EVENTS!
1 888 2 DONATE (1-888-236-6283)
RBC Foundation
Canadian Blood Services
it's in you to give
metro

READY TO RELINQUISH YOUR CREEPER ANONYMITY?

SHE SAYS...
Jessica Napier
metronews.ca/shesays

A collective groan was heard across the web last week when Facebook announced yet more changes are coming to the social-networking site. According to a July 11 blog post, Facebook Groups have been updated to allow users to see who has viewed each post within the shared group.

Back in June, a similar "seen by" feature was added to Facebook's mobile-messaging service to let users keep track of when messages had been read. It's an annoyance for pretty much everyone who has ever had an awkward conversation on the Internet.

Some Facebook fans are concerned that these public tracking features are just a step towards a more transparent interface across the entire site, giving friends the ability to see who has clicked through photo albums, wall posts, tagged photos and other individual profile materials. These recent updates may just be the beginning of some major changes that could eradicate our ability to browse the site anonymously.

Facebook frowners

"We're happy to relinquish all of our juicy market-research details to third-party apps, but please don't take away our ability to lurk around the social network unseen."

Facebook has always been about connecting with your friends, but it has also had the underlying (and just as important) component of "creeping" through others' online activity without detection. More than likely, you don't really want everyone to know when you've spent hours looking at (and silently judging) your ex-boyfriend's tagged photos or cheesy wedding photo albums posted by long-lost high school friends. Any new features that track and report on your online activity will effectively ruin the guilty-pleasure aspect of the social-networking site.

Would you still creep if you knew the person you were creeping knew too? CONTRIBUTED

Facebook creeping has always been an ethical grey area, but users are happy to play along in the shared fantasy that we aren't cyber-stalking one another. And while the free service is something we voluntarily opt into, we tend to have a certain sense of entitlement when it comes to Facebook, a sort of naive sense of ownership over our online profiles. We're happy to relinquish all of our juicy market-research details to third-party apps, but please don't take away our ability to lurk around the social network unseen.

Anonymous observation has arguably been one of the most important factors in Facebook's mass appeal. And while it wasn't too good to be true, it might have been too good to last.

It will be interesting to see if the recent information-sharing changes will pave the way for a major site-wide overhaul. Will users accept the new rules and adapt their browsing behaviour, or simply move on to something new in the fickle world of social networking?

Follow Jessica Napier on Twitter @MetroSheSays

Olympic horse is a-maize-ing

REX FEATURES

Olympic agriculture

Equestrian design dashes through field

Clearly one farmer is already reaping Olympic success. Graham Wadsworth, owner of Raines Hall Farm in England's picturesque Lake District, has created in a maize field the image of a giant horse rider leaping over a jump in honour of Great Britain's equestrian team, which is highly favoured to win gold.

Every summer Wadsworth's farm becomes the Lakeland Maize Maze, welcoming more than 20,000 visitors. METRO

Graham Wadsworth, 41, is a farmer at Raines Hall Farm, Lake District, U.K. CONTRIBUTED

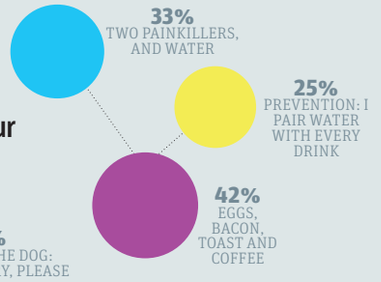
Maize maze: A how-to

- **How it was made:** "The pattern was first designed on a computer, then it was plotted using GPS. When using this technology, modern tractors can auto-steer and cut within an inch. I had a portable computer mounted on the tractor guiding me as I was carving out the design. You don't make a mistake using this sort of technology."
- **How it was done before:** "Before, when GPS technology was not available, I used a device called a fixed-point transmitter, which would relay information between a satellite and the moving tractor. It wasn't as accurate and once when the system batteries failed, one of the details of design I was working on — the head of a llama —did not come out as I had planned!"
- **How it was done long ago:** "We drew the design on graph paper. After dividing it on the paper, we would cut the field square-by-square. In fact, the results could be better but it was more labour-intensive — it would take more than a week to complete."

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

In light of patio season, what's your hangover remedy?



Twitter

@JELL_Ent: Watching my city prepare for the @TO2015 Pan Am Games is very exciting #sports #proud #Toronto

@TsarKasim: its weird how i dont hear anyone hyping up for Caribana , hmmm

@tejahnnBURNETT: For the first time in years, I'm ready to keep up with the antics for caribana weekend. What parties are poppin?

@bronmcfarlane: Just saw a car drive by with a Canadian flag and a Union Jack flag on the top hehehe #obsessed

@Tronald17: Still on standby, may have to spend another night in #Toronto #cheapflights #longday

@vgedris: Is it just me or are there waaaay more planes on a flight path over west #toronto today? #YYZ

metro
President and Publisher Bill McDonald • **Editor-in-Chief** Charlotte Empey • **National Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Toronto** Tarin Elbert • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **Retail Sales Manager** Joshua Green • **Distribution Manager** Steve Malandro • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown • **Vice-President, Finance** Phil Jameson • **METRO TORONTO** 625 Church St., 6th Floor Toronto ON M4Y 2G1 • **Telephone:** 416-486-4900 • **Fax:** 416-482-8097 • **Advertising:** 416-486-4900 ext. 250 • adinfotoronto@metronews.ca • **Distribution:** toronto_distribution@metronews.ca • **News tips:** toronto@metronews.ca • **Letters to the Editor:** torontoletters@metronews.ca

HUMBER
The Business School

ADR SKILLS BENEFIT ALL CAREERS

THE ALTERNATIVE DISPUTE RESOLUTION POSTGRADUATE CERTIFICATE

ADR SKILLS WILL GIVE YOU A COMPETITIVE EDGE IN ANY JOB MARKET.

ADR CERTIFICATE 15061

LOCATION: Lakeshore Campus

ADMISSION: Admission requirements to the Postgraduate program include a bachelor's degree. Please submit your degree to the Admissions Office attention: Postgraduate ADR program – Admissions Clerk, ext. 3214, Lakeshore Campus

CONTACT: Wanda Buote, B. Ed, MBA, CHRM
Associate Dean, Lakeshore Campus
416.675.6622 ext 3800
wanda.buote@humber.ca

TO REGISTER: Call the registration office at 416.675.5005

For more information or to register online, visit **business.humber.ca/ce**

FULL-TIME OR PART-TIME CERTIFICATE

A 12-COURSE CERTIFICATE STARTING IN SEPTEMBER!

ADR. 500 70 – Introduction to ADR: Mediation, Negotiation, Arbitration
Monday, Sept. 10 – Dec. 17 (45 hours) | 12:40 pm - 3:20 pm
An introduction to conflict analysis, negotiation, mediation and arbitration. Gain insight into the practice of ADR and will have the opportunity to develop effective negotiation and mediation skills.

ADR. 501 70 – Court Documentation and Process
Tuesday, Sept. 4 – Dec. 11 (45 hours) | 4:20 pm - 6:55 pm
This course examines the role of mediation and pre-trials in settling litigated disputes in the Ontario Small Claims Court and the Ontario Superior Court of Justice.

ADR. 502 70– Administrative Tribunals: Practice
Thursday, Sept. 6 – Dec. 13 (45 hours) | 12:40 pm - 3:20 pm
Gain an understanding of the rules of natural justice and the laws and procedures applicable when a matter is heard before an administrative tribunal rather than in the traditional court system.

ADR. 503 70– Ethical Issues in ADR
Monday, Sept. 10 – Dec. 17 (45 hours) | 4:20 pm - 6:55 pm
Explore ethics in both a broad and specific sense, not only from the view of the role that the conflict resolution practitioner plays, but also with a look at self-reflection.

ADR. 504 70– Advocacy Skills for ADR Professional
Wednesday, Sept. 5 – Dec. 17 (45 hours) | 4:20 pm - 6:55 pm
An introduction to advocacy skills, this course will focus on students gaining the public speaking skills required for the role as a conflict resolution professional.

ADR. 505 70– Community Mediation
Thursday, Sept. 6 – Dec. 13 (45 hours) | 4:20 pm - 6:55 pm
This course will examine the impact conflict has on one's community and the role a mediator plays in assisting the community to resolve the conflict.

2

SCENE

Scene in brief

Baby No. 3 for Uma

It's a girl for Uma Thurman and her financier boyfriend. Thurman's representative confirmed on Monday that the actress gave birth. She did not release details, including the baby's name. Thurman, 42, has two older children, 13-year-old Maya Ray and 10-year-old Levon Roan, with ex-husband Ethan Hawke. This is her first with financier Arpad Busson. Busson has two sons with Elle Macpherson.
THE ASSOCIATED PRESS

Judges disciplined over Lohan case

A California oversight panel has disciplined two Beverly Hills judges for their handling of a Lindsay Lohan drunken driving case. Documents obtained by the Los Angeles Times show Los Angeles County Judges Marsha Revel and Elden Fox have been admonished by the state's Commission on Judicial Performance. The judges got what are called advisory letters, considered the lowest of disciplinary actions. The panel determined Revel improperly met alone with an attorney who wanted to take over Lohan's defence in the 2010 DUI case. Fox was found to have erred in denying the actress bail on a relatively minor charge and refusing to hear her attorney's arguments.
THE ASSOCIATED PRESS

On the web

E! Entertainment Olympics plan has its own Kardashian connection

Marvel confirmed a movie version of Guardians of the Galaxy at Comic-Con. HANDOUT

The ups and downs of Comic-Con 2012

Review. Our California writer looks at what this year's geek fest had to offer its fans — both bad and good

NED EHRBAR
Metro World News in Hollywood

Celebrities, artists, filmmakers and roughly 170,000 fans invaded San Diego for the annual pop culture Woodstock that is Comic-Con, where Hollywood rolled out teases and announcements for the next several years of film and TV properties over an exhausting four days. Most of the big reveals came in Hall H, the massive auditorium into which fans line up for days. So, was it worth the wait?

Biggest hits:

Marvel Entertainment: Riding into Comic-Con high on the wave of Avengers success, the comic book publisher turned movie studio announced a slew of new films, including sequels to Captain America and Thor.

And then Robert Downey Jr. danced into the Hall, blurring the lines between himself and Tony Stark, to unveil footage from next year's Iron Man 3.

In non-Avengers news, Marvel executive Kevin Fiege also confirmed a movie version of Guardians of the Galaxy, about an outer space-set team of mutants, aliens and a raccoon sworn to fight off interstellar threats.

Elysium: District 9 director Neill Blomkamp finally unveiled some of followup film, about a future in which the haves live it up on a space station while the have-nots toil on the dilapidated Earth below. Not only did Blomkamp stun the Hall H crowd with footage from the film, he also brought along Jodie Foster, a Comic-Con virgin and closet geek — Foster copped to being a huge True Blood fan.

Biggest misses:

The Host: While kicking off Comic-Con with a panel for the final Twilight film, the series' author, Stephenie Meyer snuck in a look at the film adaptation of her followup, the Host, directed by Andrew Niccol. The footage of the sci-fi story about alien possession left fans scratching their heads — and some walking out before the screening had finished.

Django Unchained: While it was awfully cool of Quentin Tarantino to bring his revenge western starring Jamie Foxx and Christoph Waltz to Comic-Con — despite it not necessarily being normal Comic-Con fare — there are a few things he didn't do: He didn't show off much new material, instead opting to show a seven-minute "sizzle reel" that had screened for insiders at Cannes, and he didn't stick around to talk to the press after the Hall H panel. One thing he did do? Put a damper on plans for Kill Bill: Vol. 3. Not cool at all, Quentin.

Go ask Alice. Ashley Greene talks about wrapping up Twilight

The Twilight film series has been something of a game-changer for Comic-Con. When the franchise paid its first visit, the influx of diehard female fans ruffled some fanboy feathers. Metro sat down with Ashley Greene, who plays vampire Alice Cullen in the series, about the series' last trip to San Diego.

How is the last Comic-Con for Twilight going?
It's good. It's as intense as ever. I looked at my schedule and was like, "Wow!" But then it's great. It's a great feeling to know the last film we're doing, the fifth movie, there's still so much interest in it and that people are still passionate about it, and I got to see fans that I saw the first time I came here.
NED EHRBAR

Ashley Greene HANDOUT

Walking Dead. San Diego succumbs to zombies to celebrate 100th issue

Despite all the superheroes, aliens and giant monsters around San Diego, this year the Comic-Con weekend belonged to the Walking Dead, the AMC show based on Robert Kirkman's comic book about surviving a zombie apocalypse.

The 100th issue of the comic hit stores last week, and fans got their first look at season three of the popular series, which debuts worldwide Oct. 14, including new cast-members Danai Gurira as Michonne and David Morrissey as the infamous Governor. "I'm getting a sense of (how big this is). It's fan base is massive, so I'm really over the moon to be joining," Morrissey tells Metro.

The enthusiasm for the show was evident outside the convention centre as well, with Petco Park turned into a zombie survival course — and the backdrop for a star-studded party celebrating the 100th issue. And fans in zombie garb were everywhere, coming together for a traffic-stopping "zombie walk" on Friday afternoon.

"Never underestimate Comic-Con," Kirkman says.
NED EHRBAR

DVD reviews

The Three Stooges

Director. Bobby Farrelly, Peter Farrelly

Stars. Sean Hayes, Chris Diamantopolous, Will Sasso

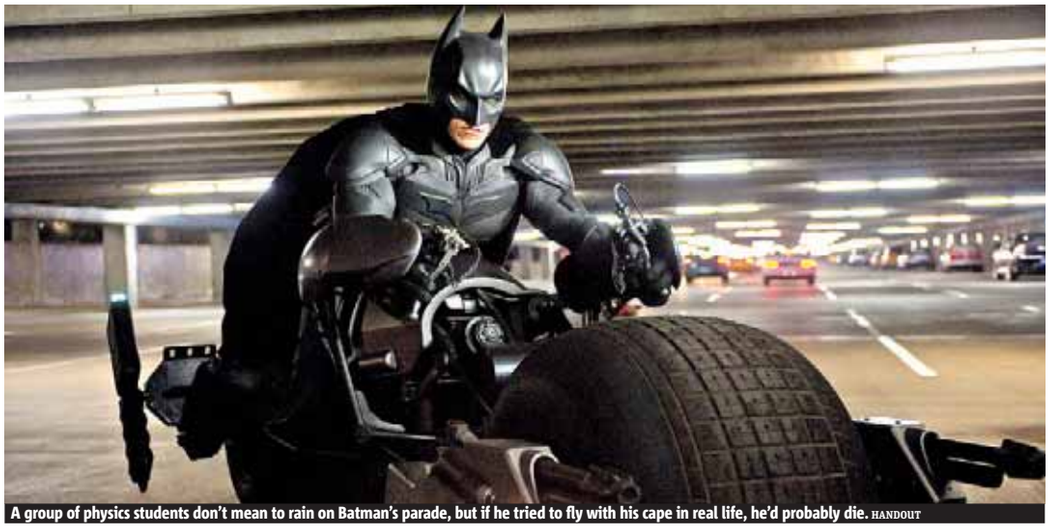
Easy to see why Bobby and Peter Farrelly wanted to make this irony-free homage to the second most revered clown troupe after the Marx Brothers, despite protests from Stooges fans. For all of their eye-poking and mallet-swinging antics, there was an innocence about the Stooges, who reigned from the Vaudeville '20s until the end of the Swinging '60s, with fitful revivals since. They were fools for the sake of being fools, too stunned to be snide or cynical. This benevolently anarchic spirit remains in The Three Stooges, which makes just two concessions to the modern era: a reality TV subplot involving The Jersey Shore cast and a tacked-on warning to kids that they should leave eye pokes and head bashes to the pros. After an hour of this nonsense, with more than a half hour still to go, you start to feel like a masochist watching three sadists. You see one nose hair being extracted by a hammer claw, you've seen 'em all.
PETER HOWELL

Casa de mi Padre

Director. Matt Piedmont

Stars. Will Ferrell, Gael Garcia Bernal, Diego Luna

Will Ferrell takes risks with his comedy, yet too often settles for material that's more amusing on paper than it is on the screen. Casa de mi Padre is the latest example. Ferrell plays a Mexican ranchero who speaks Spanish as if he were born to the tongue. It's audacious, given the huge resistance of Americans to subtitled films. It's also a good idea. If only it were funnier. Most of the rest of the cast of this hammy drama, a western spoof of cheesy Mexican telenovelas, actually are native Spanish speakers. Supposedly filmed in widescreen "Mexico-Scope," but also filled with deliberately fake animals and props, Casa de mi Padre gets by on Ferrell's abundant good cheer, his Berlitz Spanish and his willingness to make himself the joke.
PETER HOWELL



A group of physics students don't mean to rain on Batman's parade, but if he tried to fly with his cape in real life, he'd probably die. HANDOUT

Batman could be in for a rough landing

Real-world testing. Some physics students set out to discover the realities of Batman's cape-flying — here's what they learned

MICHELLE CASTILLO
Metro World News in New York

In Christopher Nolan's Dark Knight trilogy, Batman soars over Gotham City in a specially-made cape that can become rigid in mid-air. It's not the flight portion that has physics students crying foul: It's Batman's crash landing.

University of Leister's David Marshall, Tom Hands, Ian Griffiths and Gareth Douglas proved that according to the laws of physics, Batman would fatally collide into the ground not gracefully plant his boots. The students wrote the paper, which was published this year in the University of Leicester Journal of Special Physics Topics, as part of their fourth year Master of Physics program requirements.

"My group and I were fans of the Batman movies and we were interested in whether Batman's cape would work in reality," Marshall told to Metro World News by email. "We decided to do a theoretical study as we didn't think it would be safe to go jumping from tall buildings ourselves!"

According to their research, if Batman jumped from a 150-metre building with a cape with a wingspan of 4.7 metres — about half the size that is used as a hang glider — he could travel about 350 metres. His initial velocity would be around 110 kilometres per hour and decrease until he reached about 80 kilometres per hour upon impact with the ground, killing him.

Despite disproving Batman's flight plans, Marshall is still excited to see the newest installment of the films, Dark Knight Rises.

"I didn't do this research to be a killjoy, I love a bit of science fiction in any form, and I hope my paper won't detract from anyone's enjoyment of the film," he said.

On the web

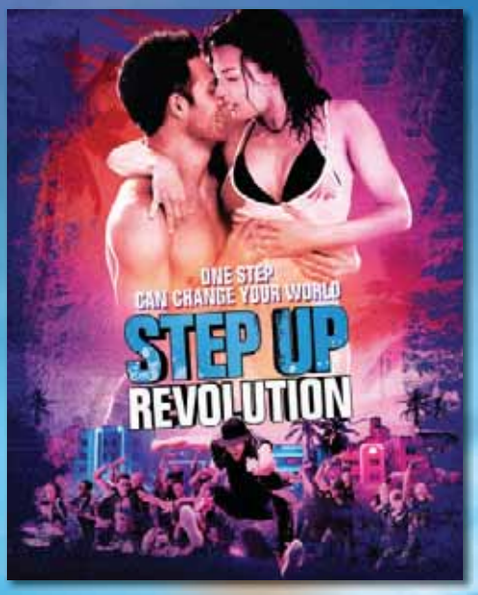
Who was the best Batman and what villains are worthy of our fear – or scorn? Metro delved deep into the cavernous world of the caped crusader to mark the release of The Dark Knight Rises, in theatres next week. Visit metronews.ca/features/the-dark-knight-rises.

DEPRESSED?
If you are currently depressed and 18 - 65 years old, you may be eligible to participate in a novel study on using *low dose medication* to enhance the body's own natural brain chemistry.
For information, visit: AntidepressantTrial.com, or call our Clinical Trials Office:
416.340.4800 EXT 8839
No compensation provided
University Health Network

HERZING COLLEGE
In 1 year become a: PARALEGAL or LAW CLERK 1.888.639.2273
PARALEGALS AND LAW CLERKS IN DEMAND
Many law firms are hiring to keep pace with client demands. Herzing College offers a one year LSUC accredited Paralegal program and Law Clerk program that include internships to meet these demands.
Why Choose Herzing College?
• Educating students in Toronto since 1968
• Internship with every diploma program
• Excellent full-time Career Services Department
• Instructors with industry experience
• Program includes field trips and guest speakers
• Conveniently located in the Toronto Eaton Centre
• Student Loans & Grants available if you qualify
• No classes on Fridays!
DAY & EVENING CLASSES START SEPT. 17TH!
Join us on facebook.com/herzingtoronto
www.herzing.ca Toronto Eaton Centre Campus

ELVIS PRESLEY | JERRY LEE LEWIS | CARL PERKINS | JOHNNY CASH
THE TONY® AWARD-WINNING BROADWAY MUSICAL
MILLION DOLLAR QUARTET
"A ROCKIN' GOOD TIME! LONG LIVE ROCK AND ROLL."
– Gloria Martin, 680 News
VISIT clubmetro.com TO ENTER
Go to clubmetro.com today and enter for your chance to WIN TICKETS
ON STAGE NOW! Must close July 29!
DancapTickets.com 416-644-3665
Official Media Sponsor: Q107 Classic Rock
TORONTO CENTRE FOR THE ARTS
DELTA CHELSEA OFFICIAL HOTEL deltachelsea.com
dancap PRODUCTIONS Captivating Broadway Theatre®
Some conditions apply. Valid on select performances. Offer is subject to change and may end without notice.

YOU COULD WIN A PASS FOR TWO TO A SPECIAL ADVANCE SCREENING OF STEP UP REVOLUTION IN 3D!



VISIT clubmetro.com TO ENTER

To register and for full contest details visit clubmetro.com
Don't forget to like us on Facebook! facebook.com/clubmetrotoronto

WIN A TRIP TO MIAMI!
ALSO, VISIT STEP-UP-REV.CA FOR YOUR CHANCE TO WIN A TRIP TO MIAMI, THE VIBRANT AND SUNNY SETTING OF STEP UP REVOLUTION!

WE NEED FEMALES

Are you a healthy, non-smoking
FEMALE 40 YEARS
OF AGE OR OLDER?

Free of daily medications?
If so, you may be eligible for our upcoming clinical research studies:

STUDY#1442
Post-menopausal Females, 40 years of age and older.

- Study starts on Thursday, Aug 02, 2012
- 4 sessions with no return visits.
- Compensation is up to $2,400 for completing the entire study.

CALL: 416-747-5246
Toll Free: 1-866-747-5246
Mon-Fri: 8-7, Sat-Sun: 10-6

BioPharma Services Inc.

4000 Weston Road, Toronto
www.biopharmaservices.ca

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Who dumped who on American Idol?

MONICA WEYMOUTH
scene@metronews.ca

When Jennifer Lopez and Steven Tyler announced they were leaving American Idol last week, both stars cited their busy, rewarding lives.

How could they continue to judge a reality show when they had babies to take care of and devoted fans to entertain?

But there might be a much easier explanation here: money.

According to TheWrap.com, Lopez was actually let go when she asked for a $2 million raise and Fox "surprised her" by declining to make a counter offer. During an appearance on Monday's Good Morning America, the singer hinted that it wasn't exactly a tidy break.

"I love them, they love me, and it's hard when I feel like I should move on," she said of the split. "I don't know, I don't know if it's even done yet … I know that I'm moving on."

As for Tyler — who, like Lopez, spent two seasons on the show — the network decided not to renew his contract as it looks to revamp the struggling show's format, a source tells TheWrap.

Sure it's embarrassing, but don't sweat it, guys. Most of us get fired over far less money and have never known the joy of giving Ryan Seacrest an exit wedgie.

clubmetro.com
ENTER for your chance to WIN 1 of 5 lunch packages for 4 with MARIPOSA CRUISES
to register and for full contest details visit clubmetro.com
MARIPOSA
CRUISES
harbour tours • dining excursions • private charters • unforgettable weddings
416 203 0178
WWW.MARIPOSACRUISES.COM

Beach body pilates plan

Workout. Yogi David Romanelli tells us why it's time to switch off the devices and connect to you.

ROMINA MCGUINNESS
Metro World News

Is her BlackBerry is hidden under the mat? CONTRIBUTED

Do you go on holiday, taking a break from the hustle and bustle, but spend most of the time updating Facebook and sharing Instagram photos? New York based Yogi David Romanelli is worried for your soul. "Technology is just like sucking on a cigarette, it's just as addictive and bad for us," he tells Metro. "Gadgets are a bad habit. We have less capacity to experience and remember memories using a machine than we do through our five senses."

Peel yourself away from technology, he recommends. To do so, Romanelli suggests setting aside one moment in the day (aside from sleep) and doing something completely disconnected from your usual routine.

"Take a Yoga or Pilates class and let this be a moment when you have no desire to reach out for a buzzing gadget," he says.

"Our mind is a spoiled brat that's used to having complete control over our body. It's important to stop thinking once in a while and tap into something within us that's more powerful than our thoughts, whatever that is. This 'thing' doesn't have to be spiritual, it can also be emotional or physical."

At the start of the class, your mind will be kicking and screaming to take over your body but you have to get past that moment and be in the present, explains Romanelli.

Yoga and Pilates are exercises that help you trigger sensations and get back in touch with your body.

"No app in the world can replace smell or touch or improve emotional connections," he adds.

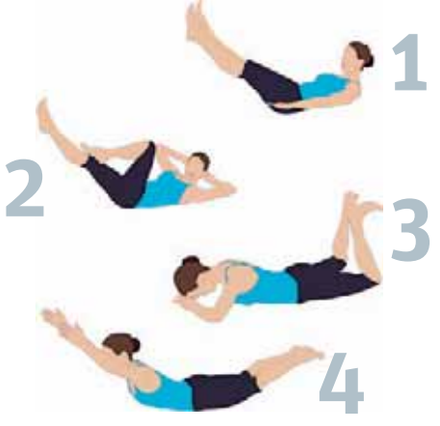
So, even if it's just for a moment — stop functioning and get back into your body. Our beach Pilates sequence is the best way to start doing just that.

The workout

How to do the Beach Body Pilates Workout:

"This will tone all your trouble spots: bra bulge, triceps, hips, abs, waist, thighs and buttocks. You will stand taller, feel lighter and be leaner. Commit to this workout for up to 20 minutes, five days a week and within weeks you'll look amazing," says Metro's Pilates expert Kristin McGee.

As you go through each move, keep the six fundamentals of Pilates in mind: Centering, concentration, control, precision, breath and flow.



1. 100s:

Lying on your back with your entire spine pressing in to the mat, lift your legs up in the air to a tabletop position and engage your lower abdominals.

Stretch your arms forward as you lift your head and neck up off the mat. Gaze at your belly button and extend your legs out to a 45 degree angle.

Start pumping the arms up and down, breathing in for 5 pumps, and out for 5.

Reps:10
Works: core, hips, buttocks, arms and thighs

2. Criss-cross

Keep your hands behind your head, elbows open to the side and bring your knees to a tabletop position. Lift your head and neck up and cross your right elbow towards your left knee as you extend your right leg long 45 degrees.

Now switch, bringing the left elbow to the right knee as you extend the left leg. Make sure you keep your abs engaged and reach your elbow outside of the bent knee.

Reps: 10
Works: core, inner and outer obliques, hips, shoulders arms and thighs

3. Ballerina butt lifts

Swing your legs around and lie down on your belly. Place your forehead in on top of your hands with your elbows wide to the side. Bend your knees and press the heels together, turning the toes out to the sides.

Engage your buttocks, hamstrings and lower back and press your heels up to the ceiling lifting your knees off the mat. Make sure your tailbone stays long and you keep your lower abdominals engaged to protect your lower back.

Reps: 12
Works: lower back, abs, hips, buttocks and hamstrings

4. Swan

Extend your legs long and reach your arms overhead. Engage your lower abdominals and back and lift everything up off the floor keeping your head in line with your spine. Imagine you are being pulled apart from end to end. Hold for 3 breaths and lower down.

Reps: 3
Works: the hamstrings

3 LIFE

Fitness pick

Slim line leggings

Celebrity trainer Tracy Anderson's slimming leggings are the perfect solution if you want to workout out looking and feeling your best. Inspired by her Metamorphosis workout program each model focuses on a specific problem area: the hips, glutes, thighs, or abs. Designed to tighten and tone (they nicely pull everything in) you'll never feel self conscious during a workout ever again. If Sofia Vergara wears them — and she's a walking bomb shell – then we should all follow suit. Get great legs: The Omnicentric leggings are designed for women that gain weight all over.

ROMINA MCGUINNESS/METRO

On the Web

Sports-related eye injuries not uncommon in summer sports but easily preventable

Trouble Sleeping?

If you;
• Are 40 years or older
• Have trouble falling asleep or staying asleep or both
• Experience trouble sleeping for at least 3 nights per week for at least 6 months
You may be eligible for treatment in a research study.
No medication involved. Participation is voluntary.
Please call: 416-979-5000-1 ext 2568
E-mail: cardiac.insomnia@ryerson.ca
Location: Ryerson University, Health Intervention Research Center. Funded by the Canadian Institutes of Health Research
RYERSON UNIVERSITY

ARE YOU 40-60 YEARS OF AGE AND FEELING DEPRESSED?
You may be eligible for a clinical research study involving an already approved medication for depression.
The WHCC Program at St. Joseph's Healthcare Hamilton is looking for:
Men & Women 40-60 Years of Age Who:
• Have been feeling depressed or down
• Have physical discomfort or emotional symptoms
• Are in otherwise good health
Participants will be compensated for their time.
Please call our clinic for a confidential assessment .
(905) 522-1155 ext. 32048
St. Joseph's Healthcare Hamilton

CROOKED TEETH and want them straightened?
You or your child may have irregular teeth, which cause you to feel embarassed when you smile! You may not have had the opportunity in the past to have them straightened. Your chance has arrived! Call today to become part of an orthodontic treatment course and qualify for a reduced fee! A qualified orthodontist and staff will render all treatment.
For a free examination appointment
Please call Bonnie at (416) 635-5821
111633

Thoughts on...

Discernment

Many times, the attacks and criticisms of others have much more to do with them than us. If we get caught up trying to adjust ourselves to other people's negative energy, we lose touch with our core. Twhese slings and arrows offer us the opportunity to strengthen our core sense of self, and to learn to dodge and deflect other people's misdirected negativity. The more we do this, the more we are able to discern what belongs to us and what belongs to other people.

NATASHA DERN IS THE HOST OF THE BUDDHA LOUNGE

Are you a Healthy Person
between 18 and 55 years of age?
If so, we want to hear from you!

Apotex is currently recruiting healthy **men** and **women** to participate in studies on pharmaceutical products.

CALL: 416-741-4256 Toll Free: 1-877-APO-CLNC (1-877-276-2562)
Hours: 8:30am to 5pm Monday to Friday
or register online @ www.apotex.ca

- YOU WILL BE PAID upon completion of the study
- Compensation may range from $800 to $3900 depending on the length of the study

APOTEX
ADVANCING GENERICS

FREE SHOES
(if qualified) — We bill your insurance directly
Limited Time Offer Until The End of The Month!
We accept all types of benefits plus union workers.
• Services • Acupuncture • Massage Therapy • Footwear
• Custom Made Orthotics • Compression Stockings

BVM foot & health care centre
bvmfootcare.com
47 The Links Road
North York, ON M2P 1T7
416.549.8000

Doughnuts might not fit into any evolutionary theory but it does factor into your decisions once a month. ISTOCK PHOTOS

Food or sex? Desire explained

Women's health. How the time of the month impacts everything from eating to life choices

CELIA MILNE
life@metronews.ca

It's not your imagination. Women really do eat more between periods.

The time of the month does have an impact on women's eating, shopping and beautification behavior, according to a new study at Concordia University in Montreal.

Like it or not, it's an evolutionary fact.

Quote

"Your smart phone could warn, 'today's day 24 of your cycle – avoid grocery shopping'!"

Prof. Gad Saad
Concordia University Research Chair

"Menstrual-related hormones shape women's daily choices," says Prof. Gad Saad, who holds the Concordia University Research Chair in Evolutionary Behavioral Sciences and Darwinian Consumption. "Your menstrual cycle affects many of your most fundamental survival and mating pursuits."

Researchers tracked the daily desires, preferences and purchases of 59 women over 35 continuous days. The women kept detailed diaries of the food they ate, what they bought, and how much time they spent making themselves beautiful.

There was a marked increase in women's appearance-related behaviours, such as putting on makeup and wearing sexy clothes, during the fertile stage of the menstrual cycle, approximately days 8 to 15 in a 28-day cycle.

There was a rise in eating and buying high-calorie food during the infertile (luteal) phase of the menstrual cycle, approximately days 16-28.

Prof. Saad and colleagues offered a Darwinian explanation: In order for the species to survive, women had to spend more time on sex-related activities while they were fertile.

Non-mating-related activities such as food foraging took precedence during the non-fertile phase.

What do we learn from this?

One lesson is that "the likelihood of being able to stick to a diet will likely wax and wane depending on a woman's menstrual status," says Prof. Saad.

He envisions an app that Darwin couldn't have predicted.

"Your smart phone could warn, 'today's day 24 of your cycle — avoid grocery shopping'!"

Do you have type 2 diabetes?
Do you have difficulty in controlling your blood sugar levels on your current antidiabetic medication?
If the answer is yes, and you are 18 years of age or older, you might be suitable to participate in a clinical research study. This study will look at whether an investigational medication is safe and effective in people with type 2 diabetes who are taking metformin treatment but whose blood sugar levels are not effectively controlled.
The study will last for about 118 weeks and will involve approximately 23 visits to a study center. Suitable participants will receive study-related medication and health assessments at no cost.
To find out more, please contact:
LMC Diabetes
tel: 866-701-ENDO
web: www.LMC.ca
LMC Making Healthy Easier.

Dip into a delicious twist on hummus

ROSE REISMAN
for more, visit
rosereisman.com

White Bean and Artichoke Hummus

This recipe serves eight. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Although there are plenty others out there, this is a very unique twist on traditional hummus!

The addition of white beans and artichoke hearts is outstanding.

1. Combine the beans, artichokes, tahini, olive oil, lemon juice, garlic, cumin, salt and pepper in the bowl of a food processor. Purée until smooth.

2. Add the chopped cilantro and stir to combine

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Nutritional analysis

How does this dip stack up nutritionally per serving?

- **Calories.** 79
- **Protein.** 2 g
- **Carbohydrates.** 6 g
- **Fibre.** 1.7 g
- **Total fat.** 5 g
- **Saturated fat.** 0.7 g
- **Cholesterol.** 0 g

Ingredients

- 1 cup canned white kidney beans, drained and rinsed
- 4 canned artichoke hearts, drained and chopped
- 2 tbsp tahini
- 1 1/2 tbsp olive oil
- 2 tbsp lemon juice
- 1 1/2 tsp finely chopped garlic
- 1/4 tsp ground cumin
- pinch of salt and freshly ground black pepper
- 1/4 cup chopped cilantro

Health Solutions

Five hidden fibre gems

NUTRI-BITES
Theresa Albert, DHN, RNCP
myfriendinfood.com

Women need 25 grams of fibre each day and men need 35. On average, we each get 11.

If you are underperforming because you don't know which vegetables are highest in fibre, fret not, mystery solved.

Here is your cheat sheet of the veggies that get you much closer to the fibre finishing line.

Collard Greens

The powerhouse of the south, these huge, dark green elephant ear leaves need a chop and a quick simmer to render them soft enough to eat. Salt, pepper, butter and enjoy.
Total: 10 grams of fibre

Spinach

You know your massive spinach and strawberry salad? Cook it down with a drizzle of olive oil. It's easier to eat the required amount and renders the nutrients more available to your body.
Total: 9 grams of fibre

Sweet Potato

Mashed. No skin. Delicious as is but a drop of balsamic vinaigrette can't hurt.
Total: 11 grams of fibre

Baked Potato

The secret is: You have to eat the skin. Try not to undo all your good work with too much sour cream.
Total: 28 grams of fibre

Avocado (1/4 raw)

Here is your high fat honey, but it is all good fat and worth every nibble. Ever thought about grilling it?
Total: 17 grams of fibre

All amounts are per ½ cup cooked unless noted.

THERESA ALBERT IS AN AUTHOR, NUTRITIONIST AND HEALTH COMMUNICATOR IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

RBC Royal Bank

Knock ½% off your home equity credit line.

Switch and drop ½% instantly.

We'll even cover your switching costs*.
Switch to an RBC Homeline Plan® credit line at 3.5% (prime + 1/2%). You could save as much as $5,000 in interest payments†. Get your rate in shape today.

Speak with an RBC Royal Bank® mortgage specialist today.
1-866-864-0420

Advice you can bank on™

*We will pay the basic title insurance fee, processing fee and one discharge fee (up to $300 maximum). Offer excludes mortgage prepayment charges that you may have to pay. Minimum advance $50,000. †Savings based on $100,000 secured line of credit with interest being paid over 10 years comparing a 3.5% and a 4.0% annual interest rate. The interest rate will fluctuate with the Prime Rate and is subject to change at any time without notice. Rate is effective as of June 8, 2012. This product is provided by Royal Bank of Canada and is subject to its standard lending criteria. ®/™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are trademarks of Royal Bank of Canada.

Getting hitched? Consider a pre-nup

What's at stake. A pre-nup makes sense for Canadians getting married later in life who have accumulated assets and debt

YOUR MONEY
Alison Griffiths
money@metronews.ca

If you are marrying later in life, a pre-nup might be a good idea. ISTOCK IMAGES

Two years ago my husband and I purchased property in Florida, taking advantage of depressed prices, the strong loonie and low interest rates.

The day before flying south to close, our lawyer called and told us the deal might be on the rocks.

Turns out the seller's ex (they were married less than three months) refused to sign off on his share of the property. Though the woman had bought it years before they got married, Florida law supported his matrimonial rights to the small farm.

We did end up closing the deal, but had the seller insisted on a pre-nuptial agreement waiving hubby-to-be's property rights, the problem would have been avoided.

Pre-nups make sense because Canadians are getting hitched much later in life.

In 1972 the average age at first marriage was 22.5 years for women and 24.9 for men, according to Human Resources and Skills Development Canada. By 2008 first-time brides were 29.1 years old and grooms just over 31.

Those who marry at an older age usually have accumulated significantly more assets and/or debt than those who are younger.

For this group there is a lot at stake, especially when you consider that 40 per cent of all marriages end in divorce.

If you are marrying later, a pre-nup might be a good idea. Such agreements are fairly common for second and third marriages, but first-timers often feel squeamish talking about money, let alone a pre-nup.

More info

Visit boomerandecho.com/is-a-prenup-really-necessary/ for more pre-nup information.

Do you need a pre-nup?

Four areas of concern:

- **Business.** If you own one, especially if you have a partner, excluding it from community property could make sense.
- **Inheritance.** Especially if there are children, consider segregating all or a portion.
- **Education.** Frequently one person delays their training or education to support the one who is studying. A pre-nup can even out income post-divorce or pay for the supporting spouse to pursue their studies.
- **Debt.** Nothing could be worse than having to share a-soon-to-be-ex's big load of debt. In a pre-nup, you can state which debts are to be shared and which are individual responsibilities.

The cost of summertime fun: Zilch, zero, nada

FUN AND FRUGAL
Leslie Scorgie
money@metronews.ca

I spent last Sunday afternoon watching my best friend compete in horse jumping at Spruce Meadows, a world-class equestrian facility just south of Calgary.

The weather was beautiful, the competition lively and the laughter infectious as families and friends picnicked and shared the experience. Amazingly, the cost for those attending was zilch … zero ... nada! That's my kind of activity.

Check out what's happening in your city by looking online at community websites and newsletters. Many festivals, sporting events, plays, lakes and outdoor parks are free to attend. Plan picnics, hike, bike and take advantage of recreational passes to pools and other city-run amenities. Host friends and family at a pot-luck barbeque and game night.

If you have a family, enroll your children in free literacy programs at your local library. Having worked at the public library for four years while going to school, I can vouch for these programs, which often include face-painting, arts, crafts, reading, plays, movies and the occasional outdoor excursion.

Use Groupon.com or other coupons to buy discounted family passes to movies, local museums, the zoo and amusement parks.

Rethink your holiday. If flying to London for the Olympics is out of your budget, vacation closer to home.

Keep on the lookout for last-minute deals like Westjet's Blue Tag events or use websites like Hotwire.com.

Look through your account statements to see where you've collected loyalty points. Cash your points in for free flights, car rentals, train tickets and accommodations.

Get your car tuned up and hit the highway to a nearby vacation destination. Target a place outside a major hub where accommodations are less expensive, such as a bed and breakfast or campground.

Better yet, stay with family and friends or swap your house through a website like houseexchange.com or homelink.org.

Alternatively, save your travel for the off-season and enjoy the summer weather right here at home. You'll benefit from reduced rates on just about every aspect of your travel.

Last April, following Spring Break, my cousin and I went to Maui for $1,000 per person, which included taxes, flight and hotel. If we'd traveled just one week prior (high season), we would have spent nearly $3,000 per person for the exact same trip.

FOLLOW

Fun for less

Many festivals, sporting events, plays and parks are free to use. Plan picnics, hike, bike and use passes to pools and other city amenities.

Plan a picnic or host a potluck or BBQ at a local park. ISTOCK IMAGES

Financial Basics is an interactive workshop that covers key aspects of money management. ISTOCK IMAGES

Teaching financial basics to kids has never been easier

Many parents want their children to learn the principles of sound money management so they can make the best financial decisions later on.

But parents don't always have the knowledge they need to guide their children. So parents will be happy to learn that there are tools available to help their kids learn the basics of personal finance.

Financial Basics is an interactive, hands-on workshop developed by the Financial Consumer Agency of Canada (@FCACan), in collaboration with the Investor Education Fund of Ontario and journalist and author Ellen Roseman.

Its objective content is provided at no cost and deals with expenses, credit debt management, saving, investments and fraud prevention.

The workshop covers all key aspects of personal money management.

Designed by subject matter experts, this basic, easy-to-use workshop can also be used by post-secondary educational institutions, community organizations and employers.

Financial Basics includes comprehensive and varied workshop materials (for example, participants' handbooks and slides), making the content easy to teach and tailor for different audiences.

Financial Basics workshop materials can be downloaded or ordered at no cost from itpaystoknow.gc.ca.

NEWSCANADA

Owning a home shouldn't come at the expense of saving.

Life adds up. Your finances should too.

CIBC Wealth Builder Mortgage™

GREAT LOW RATE

In addition to a great low rate on a 5-year mortgage, you'll also benefit from flexible payment options to help you manage your cash flow.

EARN $6,000 IN SAVINGS[1]

Get $4,000 cash back up-front as well as $2,000 cash back over the term of your mortgage.[1]
On a $400,000 mortgage. Conditions apply. Ask for details.

Visit any branch, go to cibc.com/buildthousands or call 1 800 465-CIBC (2422).

CIBC FOR WHAT MATTERS.

[1]Wealth Builder Mortgage is an option available only on 5-year fixed-rate and Variable Flex closed mortgages of $75,000 or more. Mandatory CIBC deposit account for mortgage payments and deposit of cash back. Up front cash back amount is repayable if mortgage is discharged, transferred or renewed before maturity date. Other conditions apply. For details, visit cibc.com/buildthousands. "Life adds up. Your finances should too." and Design and CIBC Wealth Builder Mortgage are TMs of CIBC. "CIBC For what matters." is a trademark of CIBC.

A choice between love or career

Dating at work.
Office romances can be a tricky endeavor, which could potentially hurt your career

PHOEBE HO
For Metro

Workplace love stories, like the one seen in The Office, may seem enticing, but in reality it can be a very different story. HANDOUT

Besides providing comic relief and a heartwarming love story, the hit American show The Office is also a great guidebook for office couples, according to a branding expert.

Watching the show's office couple Jim and Pam gang up on their arch enemy Dwight is a hoot on TV, but in reality alienating co-workers is just one of the many issues inter-office romances stir up, says branding expert Nancy Shenker and author of Don't Hook Up with the Dude in the Next Cube.

"The Office is a great example of both good and bad, the goods were that they met, they married, they fell in love, they lived happily ever after, but the bads are that it does alienate them in some ways from the rest of the people in the office," she says.

And that's just one of the many problems with office dating, she says. In many cases, when relationships don't work out, it strains the work relationship and makes it "perpetually awkward" for both the couple and those around them.

"Whenever human emotions come into play, it gets really dicey and that happens with same sex relationships as well," says Shenker, who has years of experience as a boss.

With about 38 per cent of workers admitting to dating a co-worker at least once in their career in a 2011 survey by CareerBuilder, Shenker says it's virtually impossible to stop office romance from happening — with or without an office dating policy.

But she warns that inter-office romances are complicated, and could potentially hurt your career and/or impact your professional reputation.

As a boss, Shenker's first concern about office romance is its potential impact on productivity and confidentiality issues.

For the career-driven, a thoughtless office romance could put a damper on one's professional aspirations. From a personal branding point of view, Shenker says dating a co-worker, or worse, an employee, shows a lack of self-control.

"Once you get to a certain level in the business food chain, you have a level of accountability and responsibility that really should take precedence over your human urges," she says. "It would make me question their professional judgment."

But there are exceptions to every rule. Shenker says for those who do find their soul mate at work, they need to tread carefully, "Do it with your eyes wide open," and set up ground rules.

And if true love surpasses hierarchal positions, then one person should think of leaving the company to avoid feelings of favouritism amongst coworkers.

Ultimately, it's a choice between love or career.

"If it really is your true love, then yes, it's totally worth it, cause you can always get another job, but you can't always find another soul mate," says Shenker. "That's the romantic in me speaking."

HEALTHY MEN NEEDED

We are seeking healthy Caucasian men who are 18 years to 45 years old and non-smokers for a clinical research study.

Study consists of one screening visit, three 2-night in-clinic treatment periods, 16 daily outpatient visits, and one follow-up visit. The time commitment for the study will be about 8 weeks. Participants must be free of daily prescription medications.

Financial compensation up to $4010.

inc Research®

www.studies4u.com
416.640.4004 • 1.866.222.8063
720 King Street West, 7th Floor (north elevators)

Administering the 'aha!'

Transformative learning. Educators and counselors come together to bring a well-known classroom concept into modernity

BRUCE WALSH
Metro World News in Philadelphia

Transformative learning remains a foundational concept of adult education today. ISTOCK

The term 'transformative learning' has been buzzing around higher education since the early '80s, when Teachers College of Columbia professor Jack Mezirow founded his influential theory.

Put very simply, transformative learning is an 'aha!' moment.

For Mezirow, this crucial life transition usually occurs through spiritual crises, when a student's preconceived beliefs are fundamentally challenged through an educational experience.

Mezirow based his research on adult women returning to college.

But over the last 30 years, the theory has been increasingly applied to psychological counseling situations.

This month, Information Age Publishing will release what is, perhaps, the first attempt to integrate both counselor and teacher perspectives in one book: Pathways to Transformation: Learning in Relationship.

Balancing act

"The idea of transformative learning brings up lots of difficult questions for professors: How do you structure a learning experience that might make a student uncomfortable but not alienate that student?"

Carrie J. Boden-McGill
Co-editor of Pathways to Transformation

"The idea of transformative learning brings up lots of difficult questions for professors: How do you structure a learning experience that might make a student uncomfortable but not alienate that student?" says Carrie J. Boden-McGill, who, with Sola M. Kippers, edited the new book.

"Counselors have a lot of experience in negotiating that very situation, so we wanted to foster that conversation."

With contributions from over 20 leading counselors and educators, Pathways is an attempt to shift the transformative conversation toward a more holistic, campus-wide approach.

"For us, it's about interconnectedness: the way a student interacts with the literature, professors, life experiences, virtual worlds," says Boden-McGill. "That's why 'relationship' is in the title. How do we have the kinds of relationships with students that create possibilities for transformation?"

Workplace Law

A refusal to return goes wrong

WORKPLACE LAW
Daniel Lublin
dan@toronto-employmentlawyer.com
Twitter: @danlublin

Your job has been eliminated — but get back to work! After 18 years at a Downtown Toyota dealership in Toronto, Aleem Ghanny was told that his position as a service manager would suddenly end. However, there was one catch: Ghanny was told his job would be relocated to another related dealership only a few blocks away where he could continue working at the same rate of pay.

The sticking point for Ghanny was that he did not trust the owner. By transferring, he believed that his years of service would no longer be recognized and he was worried that the new dealership would also soon close. Believing that he was legally entitled to reject the transfer based on his two concerns and instead sue for wrongful dismissal because his original job disappeared, Ghanny refused to report for work and began to look for another job.

At a recent trial, Ghanny's former employer argued that the law required him to take the new position it offered him at the related dealership, even if there were no guarantees.

The legal duty to 'mitigate' provides that dismissed employees are required to take all reasonable steps to replace a lost job. Where an employer can establish that other comparable jobs were available, an employee who fails to apply for them, or turns one down, may not receive any damages, such as severance, that would otherwise have been required.

Here, Ghanny's employer was able to show that the job it offered to him was comparable and that he declined it. On this basis, Ghanny's refusal to report to the new dealership was objectively wrong, ruled the court. The position and pay were the same and, even without any guarantees, Ghanny had an opportunity to continue working instead of being unemployed.

DANIEL A. LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN. TO READ THIS ARTICLE IN ITS ENTIRETY VISIT METRONEWS.CA

Scarborough Campus
PSW
Start your new career in 6-8 months
$AVE Thousands
416-335-0508
Evergreen College

calea.
WE'RE HIRING!
CLEANROOM TECHNICIANS AND DISPSTACHER
MISSISSAUGA, ON

Calea is the leading Canadian provider of client-focused home healthcare products & services. We are a community partner and licensed Pharmacy, providing expert solutions and support resources to healthcare professionals, hospitals, patients and their caregivers. Calea is a subsidiary of Fresenius, a publically traded, global health care organization.

CLEANROOM TECHNICIAN
- Aseptically preparing sterile drug admixtures according to technical knowledge and the detailed specification of the Standard Operating Procedures.
- Pharmacy Technician Diploma from a recognized college.
- Certification with OCP an asset. Prior experience an asset.

DISPATCHER
- Ensuring delivery orders are routed accurately and efficiently in support of patient services.
- Knowledge of the GTA and delivery mechanisms, and prior dispatching experience required.

GENERAL EMPLOYMENT CONDITIONS :
- Full time - Staggered shifts times/days
- Company paid health benefits
- Generous RRSP retirement plan after one year
- Educational Assistance

PLEASE FORWARD YOUR RESUME TO HUMANRESOURCES@CALEA.CA OR BY FAX: 905-238-9495
PLEASE INCLUDE THE POSITION TITLE IN THE SUBJECT LINE OF YOUR E-MAIL

GEORGE BROWN COLLEGE School of Continuing Education

Make a difference in community services
Become a Personal Support Worker with George Brown College

The Personal Support Worker (PSW) Certificate offered through Continuing Education at George Brown College prepares students to work with seniors (and other clients) in long-term care and chronic care facilities, private homes, supportive housing and assisted-living centres.

These are just some of the benefits of our PSW Certificate:
- Courses are offered part-time, so classes are held on weekday evenings.
- You commit (and pay) on a course-by-course basis.
- You can complete the certificate within two years.
- There are three intakes a year – September, January and April.
- You can apply for a financial bursary.

For more information about the PSW Certificate, visit our web site at
coned.georgebrown.ca/community

Looking to gain the skills needed for a successful career?

To learn how, sign up for one of these free information sessions:
- July 24
- August 7 and 23

Each session starts at 6 pm at our St. James campus (200 King St. E.).

To reserve a seat, call Chandra Jewan at 416-415-5000, ext. 2126.

4 SPORTS

Quoted

"It's exciting to come back to a ballpark I've known as home for a long time. It's exciting to face some of my teammates that I've only faced in live (batting practice)."

Chicago third baseman Kevin Youkilis on Monday, upon returning to Boston for the first time since being traded by the Red Sox to the White Sox on June 24. He didn't want to talk about his relationship with Boston manager Bobby Valentine. In April, Valentine questioned Youkilis's commitment in his weekly television interview and then apologized to him a day later.

"I don't understand why this is a big rift. I'm just here to play baseball and things will happen. There's no Bobby V. versus Kevin Youkilis or vice-versa. It's the Chicago White Sox against the Boston Red Sox and just playing baseball."

Kevin Youkilis

Mobile sports

A few months ago, Jeremy Lin was the hottest sports story in North America after arriving out of nowhere to give an injury-ravaged New York Knicks club a huge mid-season boost. Now the Knicks must choose between putting up big bucks to re-sign the popular point guard or watch him leave for Houston. Scan the code for the story.

MLS. Koevermans out for the season with knee injury

Danny Koevermans. ABELIMAGES/GETTY IMAGES FILE

Just as Toronto FC appears to be getting its act together, the club has sustained a cruel blow with news that leading scorer Danny Koevermans will miss the remainder of the 2012 season with a knee injury.

In a terse, four-paragraph news release Monday evening, the Major League Soccer club announced Koevermans will require surgery to repair a torn ACL in his left knee, suffered late in the first half of Saturday's 1-0 win in New England. A date for the operation was not given.

Paul Mariner, TFC's head coach and director of soccer operations, will talk about the injury on Tuesday.

Koeverman's stats

- Koevermans, who set up Luis Silva's game-winning goal in the eighth minute Saturday with a lovely give-and-go, had nine goals and two assists in 16 games this season.
- He has scored 17 times in 26 career MLS matches.

As devastating as the blow is for TFC (4-11-4), the news was not unexpected. Koevermans, a 33-year-old Dutch striker, went down to the artificial turf in agony after going for a ball deep in the penalty area against New England's A.J. Soares in the 37th minute of the match. He was carried off the pitch on a stretcher.

Mariner, who in his halftime talk urged his team to win the game for the striker, seemed resigned in his post-game interviews that he was going to lose the designated player, signed just over a year ago, for a long time.

"I fear the worst for Danny," Mariner said after the match, which gave TFC its first two-game winning streak of the season.

TORSTAR NEWS SERVICE

Wait for Valanciunas appears over in Toronto

NBA. According to sources, Raptors close to finalizing deal to bring big Lithuanian prospect to North America

After dumping one player who didn't fit into their plans to create a bit of financial and roster flexibility, the Toronto Raptors are about to sign a vital piece of their future.

Jonas Valanciunas, the 20-year-old Lithuanian centre who is seen as a key cog in the roster's improvement, should be officially signed, sealed and delivered in the next couple of days.

Sources say the letter of clearance — a formality to get Valanciunas to the NBA — has been received by the league, one of the final steps necessary before the seven-footer can officially sign his contract.

The No. 5 pick in the 2011 NBA draft is currently with the Lithuanian national team preparing for the Olympics.

While there was little doubt that Valanciunas would be in training camp this fall, having him signed early allows the Raptors to move on with other roster needs.

By the numbers

$2.8M

The Raptors, who were at the NBA's salary-cap level for all intents and purposes following the acquisition of Landry Fields and point guard Kyle Lowry, save about $2.8 million in cap space in the James Johnson transaction.

And they now have a bit of financial wiggle room and a free spot after dealing James Johnson to the Sacramento Kings on Monday afternoon for a 2014 second-round draft pick.

Johnson averaged 9.1 points and 4.7 rebounds for the Raptors last season.

"James is a tremendous athlete who has a toughness you love," said Raptors coach Dwane Casey. "With the abundance of wings we have, there would not have been enough minutes."

Johnson would have had to battle newly acquired Landry Fields and Linas Kleiza for minutes at the small forward position and the Raptors have also toyed with the idea of perhaps using DeMar DeRozan there in some instances.

TORSTAR NEWS SERVICE

Jonas Valanciunas dunks during a EuroBasket 2011 game against Germany last September in Vilnius, Lithuania. CHRISTOF KOEPSEL/BONGARTS/GETTY IMAGES

NHL

After a 'long process,' Green remains a Capital

The Washington Capitals didn't wait long to make Mike Green a better offer.

The Capitals signed the defenceman to a $18.25-million US, three-year contract on Monday. The move comes a day after Green rejected a $5-million, one-year qualifying offer from Washington and became a restricted free agent.

Green will earn $6 million in 2012-13 and 2013-14 and $6.25 million in 2014-15 after playing 81 games over the last two injury-plagued seasons.

"It's been a long process," Green said in a conference call.

THE ASSOCIATED PRESS

MLB

Jays lose Perez to elbow injury

Blue Jays left-hander Luis Perez is going have reconstructive elbow surgery Tuesday, an operation that could sideline him for over a year.

Blue Jays manager John Farrell said before their game against the New York Yankees on Monday that Perez was examined by Dr. James Andrews in Florida earlier Monday. Andrews confirmed Toronto's original diagnosis of a torn ligament.

THE ASSOCIATED PRESS

Luis Perez GETTY IMAGES FILE

Sports in pictures

1 MLB. Reds' Votto out for up to a month

Reds first baseman Joey Votto will have surgery to repair torn cartilage in his left knee, sidelining him for three to four weeks.

The 2010 National League MVP hurt the knee in late June but kept playing. He had a medical exam Monday evening that detected the injury.

THE ASSOCIATED PRESS

2 CFL. Als take care of head coach Trestman

Marc Trestman looks to be settling in for a long stay as head coach of the Montreal Alouettes.

Owner Bob Wetenhall announced Monday that Trestman's contract, which was due to expire at the end of this season, has been extended by four years. THE CANADIAN PRESS

3 NBA. Heat taking their talents to China

The NBA champion Miami Heat will play two pre-season games against the Los Angeles Clippers in China this fall.

The teams will meet Oct. 11 in Beijing and Oct. 14 in Shanghai.

THE ASSOCIATED PRESS

Van Beilen riding wave of momentum to London

Swimming. Oakville teen believing in her ability after strong showing at Olympic trials in Montreal

When Tera Van Beilen was nine years old, she did what most nine-year-olds do when left to their own devices.

Nothing.

Oakville's Van Beilen was a hyperactive, sporadically sporty kid, but her parents thought she could use some athletic direction.

"I was sort of going through a chubby phase," Van Beilen says, chin tucked in to her chest and smiling shyly.

They took Tera to a local club for swimming lessons, half-hoping she'd like it. She was the family's most enthusiastic user of the backyard pool.

This wasn't a Eureka moment. Tera liked swimming enough to make it a regular thing.

But through grade school it remained a hobby and a physical outlet, rather than an obsession.

Today, Van Beilen, a distinctly un-chubby 18-year-old, is headed to the London Olympics, a surprise medal contender in the 100-metre and 200-metre breaststroke.

Genetics must have something to do with this. Her uncle, Wayne Van Dorp, played for the Blackhawks and the Penguins. Her cousin, Joel Reinders, is an offensive tackle with the New York Giants.

"He's the one protecting Eli Manning. Or is it Peyton Manning? I'm not sure. One of the Mannings," Van Beilen said.

Like her gargantuan cousin, Van Beilen's progression is proof to parents everywhere that a child can master a sport without sacrificing every other thing it means to be a child.

"They let me have swimming and still have school. I had both worlds," Van Beilen says.

Right into high school, Van Beilen played other sports. It wasn't until age 15 that she made swimming her focus.

A great many athletic stories — both amateur and pro — start precociously early and are filled with nothing from then on but practice and competition. In an extreme example, 10-year-old Alexander Ovechkin played in a hockey tournament the day after his brother died.

Van Beilen went to a regular school — Oakville's Kings Christian Collegiate — rather than a sporting academy. On Friday nights, she watched Say Yes to the Dress with her mom. She went out with friends on Saturdays. She attended the birthright of all typical teens — the prom.

Even after swimming became her job, she treated it like one — a Monday-to-Friday thing. However, it was an exhausting Monday-to-Friday thing.

She was cut a few breaks at school. Teachers would occasionally let her go out to her car and sleep through a class. Her mother, Sharon, an administrator at the school, set up a quiet room for Van Beilen to nap through her spares.

She graduated last year.

TORSTAR NEWS SERVICE

Time of her life

At the Olympic trials in Montreal in March, Van Beilen qualified for the 100-metre, placing second, a mild surprise.

- But in the 200-metre final, she pushed third-place finisher and current world record holder Annamay Pierse off Canada's Olympic team. Her time of 2:24:03 was, at that point, the second-fastest time in the world this year.

Tera Van Beilen, seen here at her family home in Oakville, Ont., will swim the 100 and 200 breaststroke events in London. STEVE RUSSELL/TORSTAR NEWS SERVICE

Host effect. U.S. study predicts Britain could win 62 Olympic medals

A U.S. study has predicted that Britain will easily beat its goal of winning at least 48 medals, including 25 golds at the London Olympics.

The Tuck School of Business at Dartmouth released a study Monday which calculated that competing on home turf could be worth an additional 15 medals for the British team over the 47 it won at the 2008 Beijing Olympics.

The study's predictions of a possible 62 British medals — giving the host nation the fourth-highest overall medal prediction — are in line with bets being offered by London's usually savvy bookmakers.

Even better for the British athletes, Tuck underestimated the U.K. medal total in 2000, 2004 and 2008. If that trend continues, the medal haul could be higher this year.

The study predicts the U.S. will get 103 medals, followed by China with 94 and Russia with 67. THE ASSOCIATED PRESS

By the numbers

542

The biggest delegation at the London Olympics will be in red, white and blue. The Union Jack variety, though. The United States will only have the second biggest squad in London, with 530 competitors, while the British will have 542 athletes.

Record arrivals

Heathrow Airport has its busiest day

The opening ceremony is still 11 days away, but for many in London, the Olympics really got started Monday.

Heathrow Airport had its busiest day ever as thousands of athletes — from Dutch beach-volleyball players to South Korean gymnasts — landed with their javelins, bicycles and sails, and moved smoothly through customs.

Motorists grappled with new traffic lanes painted with the Olympic rings and reserved for only official vehicles and dignitaries. At least one American athlete tweeted that his bus got lost on the way from Heathrow.

Smart-looking sailors guarded the gates to Olympic Park, looking so cheerful that visitors would never guess they had been pulled off leave only a few days ago to fill an embarrassing security gap when a private contractor failed to provide enough personnel.

And as the Olympic flame made its way beside the seaside in the resort of Brighton, organizers revealed plans for its arrival later this week in London. How's this for an entrance: A Royal Marine carrying the torch will slide down a rope from a helicopter into the Tower of London.

There was a feeling of Olympian scale at Heathrow — the airport was handling some 236,955 arrivals and departures Monday, breaking the record of 233,562, set on July 31, 2011. THE ASSOCIATED PRESS

Expectations tempered for Canadian track and field

The Canadian Olympic Committee has set a goal of finishing among the top 12 countries in the overall medal standings at this summer's London Games.

Here's a look at the Canadian track-and-field team's medal potential.

Past results

Priscilla Lopes-Schliep won bronze in the 100-metre hurdles for the country's lone medal in Beijing and Canada's first in Olympic track and field since the 1996 Atlanta Games. The Whitby, Ont., hurdler would have been one of Canada's top hopes in London, but in a stunning upset at the Olympic trials, she stumbled on a hurdle and didn't make the team. Athletics Canada head coach Alex Gardiner says the team is still gunning for two to three medals, but the absence of Lopes-Schliep makes one medal more realistic.

Dylan Armstrong, Kamloops, B.C.

He's been on the rise since missing a shot-put medal by less than a centimetre at the Beijing Games. The 31-year-old from Kamloops, B.C., was ranked No. 1 in the world last season, and captured silver at the world championships.

Jessica Zelinka, London, Ont.

Jessica Zelinka was fifth in the Olympic heptathlon four years ago, but her Canadian-record performance at the trials has her ranked No. 4 in the world. The 30-year-old from London, Ont., will also race the 100-metre hurdles and is Canada's fastest entry in a race in which anything can happen.

THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	54	34	.614	—
Baltimore	46	42	.523	8
Tampa Bay	46	43	.517	8½
Boston	45	44	.506	9½
Toronto	45	44	.506	9½

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	49	39	.557	—
Detroit	46	43	.517	3½
Cleveland	45	43	.511	4
Kansas City	38	49	.437	10½
Minnesota	36	52	.409	13

WEST DIVISION

	W	L	Pct	GB
Texas	54	35	.607	—
Los Angeles	49	40	.551	5
Oakland	46	43	.517	8
Seattle	37	53	.411	17½

Monday's results
L.A. Angels at Detroit
Toronto at N.Y. Yankees
Chicago White Sox at Boston
Cleveland at Tampa Bay
Baltimore at Minnesota
Seattle at Kansas City
Sunday's results
L.A. Angels 10, N.Y. Yankees 8
Toronto 3, Cleveland 0
Detroit 4, Baltimore 0
Boston 7, Tampa Bay 3
Chicago White Sox 2, Kansas City 1
Oakland 9, Minnesota 4
Texas 4, Seattle 0
Tuesday's games
L.A. Angels (Richards 2-1) at Detroit (Ja.Turner 0-0), 7:05 p.m.
Toronto (Cecil 2-1) at N.Y. Yankees (Sabathia 9-3), 7:05 p.m.
Chicago White Sox (Humber 3-4) at Boston (Lester 5-6), 7:10 p.m.
Cleveland (Tomlin 5-5) at Tampa Bay (M.Moore 5-6), 7:10 p.m.
Baltimore (Britton 0-0) at Minnesota (Deduno 0-0), 8:10 p.m.
Seattle (Beavan 3-6) at Kansas City (Teaford 1-3), 8:10 p.m.
Texas (Oswalt 2-1) at Oakland (B.Colon 6-7), 10:05 p.m.
Wednesday's Games
Toronto at N.Y. Yankees, 1:05 p.m.
Texas at Oakland, 3:35 p.m.
L.A. Angels at Detroit, 7:05 p.m.
Chicago White Sox at Boston, 7:10 p.m.
Cleveland at Tampa Bay, 7:10 p.m.
Baltimore at Minnesota, 8:10 p.m.
Seattle at Kansas City, 8:10 p.m.

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	51	35	.593	—
Atlanta	49	39	.557	3
New York	46	43	.517	6½
Miami	42	46	.477	10
Philadelphia	39	51	.433	14

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	50	38	.568	—
Pittsburgh	49	39	.557	1
St. Louis	46	43	.517	4½
Milwaukee	42	46	.477	8
Chicago	36	52	.409	14
Houston	33	56	.371	17½

WEST DIVISION

	W	L	Pct	GB
San Francisco	49	40	.551	—
Los Angeles	48	42	.533	1½
Arizona	42	46	.477	6½
San Diego	36	54	.400	13½
Colorado	34	54	.386	14½

Monday's results
Arizona at Cincinnati
Washington at Miami
St. Louis at Milwaukee
Pittsburgh at Colorado
Houston at San Diego
Philadelphia at L.A. Dodgers
Sunday's games
Washington 4, Miami 0
Atlanta 6, N.Y. Mets 1
Milwaukee 4, Pittsburgh 1
Chicago Cubs 3, Arizona 1
Philadelphia 5, Colorado 1
San Francisco 3, Houston 2
San Diego 7, L.A. Dodgers 2
Cincinnati 4, St. Louis 2
Tuesday's games
N.Y. Mets (Niese 7-4) at Washington (Detwiler 4-3), 7:05 p.m.
Arizona (Bauer 1-1) at Cincinnati (Cueto 10-5), 7:10 p.m.
San Francisco (Zito 7-6) at Atlanta (Jurrjens 3-2), 7:10 p.m.
Miami (A.Sanchez 4-6) at Chicago Cubs (T.Wood 4-3), 8:05 p.m.
St. Louis (J.Kelly 1-1) at Milwaukee (Wolf 2-6), 8:10 p.m.
Pittsburgh (Bedard 4-10) at Colorado (Friedrich 5-6), 8:40 p.m.
Houston (Lyles 2-5) at San Diego (Ohlendorf 2-0), 10:05 p.m.
Philadelphia (Halladay 4-5) at L.A. Dodgers (Undecided), 10:10 p.m.
Wednesday's games
St. Louis at Milwaukee, 2:10 p.m.
Philadelphia at L.A. Dodgers, 3:10 p.m.
Pittsburgh at Colorado, 3:10 p.m.
Houston at San Diego, 3:35 p.m.
N.Y. Mets at Washington, 7:05 p.m.
Arizona at Cincinnati, 7:10 p.m.
San Francisco at Atlanta, 7:10 p.m.
Miami at Chicago Cubs, 8:05 p.m.

Cleveland	**000**	**000**	**000**	**0**
Toronto	**003**	**000**	**00x**	**3**

E—C.Santana (6). DP—Cleveland 1, Toronto 1. LOB—Cleveland 9, Toronto 4. 2B—Brantley 2 (27), Bautista (14), B.Francisco (5). SB—Bautista (5), K.Johnson (10). CS—R.Davis (7).

	IP	H	R	ER	BB	SO
Cleveland						
D.Lowe L,8-7	6	3	3	3	4	5
J.Smith	2	2	0	0	0	2
Toronto						
Villanueva W,4-0	6	3	0	0	5	8
Frasor H,13	1	1	0	0	0	1
Oliver S,1-2	2	1	0	0	0	0

WP—Villanueva.
T—2:42. A—26,407 (49,260).

SUNDAY

BLUE JAYS 3, INDIANS 0

Cleveland	ab	r	h	bi	Toronto	ab	r	h	bi
Choo rf	4	0	1	0	Lawrie 3b	4	0	0	0
ACarer ss	4	0	1	0	Rasms cf	4	1	1	1
Kipnis 2b	3	0	0	0	Bautist rf	4	0	2	0
Hafner dh	4	0	0	0	Encrnc 1b	2	0	0	0
CSantn c	3	0	1	0	Lind dh	2	0	0	1
Brantly cf	3	0	2	0	YEscor ss	3	0	0	0
Ktchm 1b	3	0	0	0	KJhnsn 2b	2	1	0	0
Damon lf	3	0	0	0	BFrncs lf	3	0	1	0
Duncan ph	1	0	0	0	RDavis pr-lf	0	0	0	0
Hannhn 3b	2	0	0	0	Arencii c	3	1	1	1
JoLopz ph	1	0	0	0					
Totals	**31**	**0**	**5**	**0**	**Totals**	**27**	**3**	**5**	**3**

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	19	11	5	3	25	17	36
D.C. United	19	10	6	3	34	26	33
New York	19	9	5	5	34	29	32
Chicago	19	9	6	4	22	21	31
Houston	19	7	5	7	26	24	28
Columbus	17	6	7	4	17	19	22
New England	18	6	8	4	24	23	22
Montreal	21	6	12	3	28	38	21
Philadelphia	17	6	9	2	20	19	20
Toronto	19	4	11	4	22	35	16

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	20	12	4	4	41	24	40
Real Salt Lake	21	11	7	3	31	26	36
Seattle	20	8	5	7	25	21	31
Vancouver	20	8	6	6	21	23	30
Los Angeles	20	8	10	2	33	32	26
Colorado	19	7	11	1	26	26	22
Chivas USA	17	5	7	5	11	18	20
Portland	18	5	9	4	19	29	19
Dallas	20	4	9	7	19	28	19

Note: Three points for a win, one for a tie.
Sunday's results
Seattle 2 New York 2
Houston 4 D.C. United 0
Wednesday's games
Chicago at New York, 1 p.m.
Portland at Chivas USA, 4 p.m.
Colorado at Toronto, 7 p.m.
New England at Montreal, 8 p.m.
Kansas City at Houston, 8:30 p.m.
Los Angeles at Vancouver, 10 p.m.
Dallas at San Jose, 11 p.m.

NASL

Sunday's result
Tampa Bay 1 Edmonton 0
Wednesday's game
Fort Lauderdale at Minnesota, 8:30 p.m.

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	3	2	1	0	84	100	4
Hamilton	3	1	2	0	88	109	2
Toronto	3	1	2	0	81	91	2
Winnipeg	3	0	3	0	56	116	0

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Saskatchewan	3	3	0	0	83	37	6
B.C.	3	2	1	0	92	75	4
Edmonton	3	2	1	0	62	42	4
Calgary	3	1	2	0	106	82	2

WEEK THREE
Saturdays results
Hamilton 36 Toronto 27
Saskatchewan 23 B.C. 20
Friday's result
Edmonton 42 Winnipeg 10
Thursday's result
Montreal 33 Calgary 32
WEEK FOUR
Wednesday, July 18
Winnipeg at Toronto, 7:30 p.m.
Thursday, July 19
Saskatchewan at Calgary, 9 p.m.
Friday, July 20
Edmonton at B.C., 10 p.m.
Saturday, July 21
Montreal at Hamilton, 7 p.m.

CYCLING

TOUR DE FRANCE

At Pau, France
Results Monday from the Stage 15 of the Tour de France; a 158.585-kilometre mostly flat ride from Samatan to Pau, with only three small hills to climb (following Tuesday's rest day, competition resumes on Wednesday with a 197-kilometre stage through the high mountains from Pau to Bagneres-de-Luchon):
1. Pierrick Fedrigo, France, FDJ-Big Mat, three hours, 40 minutes, 15 seconds; 2. Christian Vande Velde, U.S., Garmin-Sharp-Barracuda, same time; 3. Thomas Voeckler, France, Team Europcar, 12 seconds behind; 4. Nicki Sorensen, Denmark, Team Saxo Bank-Tinkoff Bank, s.t.; 5. Dries Devenyns, Belgium, Omega Pharma-QuickStep, 0:21; 6. Samuel Dumoulin, France, Cofidis, 1:08; 7. Andre Greipel, Germany, Lotto Belisol, 11:50; 8. Tyler Farrar, U.S., Garmin-Sharp-Barracuda, s.t.; 9. Peter Sagan, Slovakia, Liquigas-Cannondale, s.t.; 10. Kris Boeckmans, Belgium, Vacansoleil-DCM, s.t.
11. Borut Bozic, Slovenia, Astana, s.t.; 12. Sebastien Hinault, France, France, AG2R La Mondiale, s.t.; 13. Koen de Kort, Netherlands, Argos-Shimano, s.t.; 14. Jonathan Cantwell, Australia, Team Saxo Bank-Tinkoff Bank, s.t.; 15. Jimmy Engoulvent, France, Saur-Sojasun, s.t.; 16. Roy Curvers, Netherlands, Argos-Shimano, s.t.; 17. Jurgen Roelandts, Belgium, Lotto Belisol, s.t.; 18. Matthieu Ladagnous, France, FDJ-Big Mat, s.t.; 19. Michael Schar, Switzerland, BMC Racing, s.t.; 20. Janez Brajkovic, Slovenia, Astana, s.t.
Also
21. Cadedevans, Australia, BMC Racing, same time; 22. Bradley Wiggins, Britain, Sky Procycling, s.t.; 23. Chris Froome, Britain, Sky Procycling, s.t.; 24. Vincenzo Nibali, Italy, Liquigas-Cannondale, s.t.; 29. Jurgen Van den Broeck, Belgium, Lotto Belisol, s.t.; 30. Haimar Zubeldia, Spain, RadioShack-Nissan, s.t.; 37. Andreas Kloeden, Germany, RadioShack-Nissan, s.t.; 40. Christopher Horner, U.S., RadioShack-Nissan, s.t.; 42. Frank Schleck, Luxembourg, RadioShack-Nissan, s.t.; 44. Pierre Rolland, France, Team Europcar, s.t.; 46. George Hincapie, United States, BMC Racing, s.t.; 49. Thibaut Pinot, France, FDJ-Big Mat, s.t.
Overall Standings
(after 15 of 20 stages)
1. Bradley Wiggins, Britain, Sky Procycling, 68 hours, 33 minutes, 21 seconds; 2. Chris Froome, Britain, Sky Procycling, 2:05 behind; 3. Vincenzo Nibali, Italy, Liquigas-Cannondale, 2:23; 4. Cadel Evans, Australia, BMC Racing, 3:19; 5. Jurgen Van den Broeck, Belgium, Lotto Belisol, 4:48; 6. Haimar Zubeldia, Spain, RadioShack-Nissan, 6:15; 7. Tejay Van Garderen, U.S., BMC Racing, 6:57; 8. Janez Brajkovic, Slovenia, Astana, 7:30; 9. Pierre Rolland, France, Team Europcar, 8:31; 10. Thibaut Pinot, France, FDJ-Big Mat, 8:51.
11. Andreas Kloeden, Germany, RadioShack-Nissan, 9:29; 12. Frank Schleck, Luxembourg, RadioShack-Nissan, 9:45; 13. Nicolas Roche, Ireland, France, AG2R La Mondiale, 10:49; 14. Jerome Coppel, France, Saur-Sojasun, 11:27; 15. Christopher Horner, U.S., RadioShack-Nissan, 12:41; 16. Denis Menchov, Russia, Katusha, 17:21; 17. Maxime Monfort, Belgium, RadioShack-Nissan, 17:41; 18. Egoi Martinez, Spain, Euskaltel-Euskadi, 18:04; 19. Rui Costa, Portugal, Movistar, 19:02; 20. Chris Anker Sorensen, Denmark, Team Saxo Bank-Tinkoff Bank, 20:12.
Also
45. Christian Vande Velde, U.S., Garmin-Sharp-Barracuda, 1:09:16; 103. David Zabriskie, U.S., Garmin-Sharp-Barracuda, 1:53:43; 156. Tyler Farrar, U.S., Garmin-Sharp-Barracuda, 2:47:29.

GOLF

WORLD RANKING

THROUGH JULY 15

1. Luke Donald	Eng	9.55
2. Rory McIlroy	NIr	8.53
3. Lee Westwood	Eng	7.97
4. Tiger Woods	USA	7.65
5. Webb Simpson	USA	6.54
6. Bubba Watson	USA	6.22
7. Jason Dufner	USA	5.83
8. Matt Kuchar	USA	5.63
9. Justin Rose	Eng	5.54
10. Hunter Mahan	USA	5.21
11. Zach Johnson	USA	5.15
12. Graeme McDowell	NIr	5.05
13. Adam Scott	Aus	4.96
14. Steve Stricker	USA	4.86
15. Martin Kaymer	Ger	4.62
16. Phil Mickelson	USA	4.60
17. Dustin Johnson	USA	4.57
18. Louis Oosthuizen	SAf	4.36
19. Charl Schwartzel	SAf	4.36
20. Rickie Fowler	USA	4.36
21. Jason Day	Aus	4.30
22. Francesco Molinari	Ita	4.17
23. Sergio Garcia	Esp	4.03
24. Keegan Bradley	USA	3.76
25. Bo Van Pelt	USA	3.75
26. Bill Haas	USA	3.74
27. Peter Hanson	Swe	3.64
28. Ian Poulter	Eng	3.60
29. Brandt Snedeker	USA	3.59
30. Nick Watney	USA	3.50
31. Paul Lawrie	Sco	3.49
32. Jim Furyk	USA	3.31
33. David Toms	USA	3.27
34. K.J. Choi	Kor	3.24
35. John Senden	Aus	3.23
36. Nicolas Colsaerts	Bel	3.19
37. Martin Laird	Sco	3.10
38. Thomas Bjorn	Den	3.03
39. Carl Pettersson	Swe	2.98
40. Ernie Els	SAf	2.94
41. Fredrik Jacobson	Swe	2.88
42. Bae Sang-moon	Kor	2.76
43. Mark Wilson	USA	2.74
44. Alvaro Quiros	Esp	2.73
45. Gonzalo Fernandez-Castano	Esp	2.72
46. Rafael Cabrera Bello	Esp	2.70
47. Jonathan Byrd	USA	2.65
48. Simon Dyson	Eng	2.64
49. Kevin Na	USA	2.63
50. Aaron Baddeley	Aus	2.57
51. Branden Grace	SAf	2.53
52. Anders Hansen	Den	2.51
53. Ben Crane	USA	2.48
54. Robert Karlsson	Swe	2.47
55. Geoff Ogilvy	Aus	2.46
56. Michael Thompson	USA	2.38
57. Kyle Stanley	USA	2.37
58. Marcel Siem	Ger	2.30
59. Padraig Harrington	Irl	2.20
60. Robert Rock	Eng	2.20
61. Jamie Donaldson	Wal	2.16
62. Ryo Ishikawa	Jpn	2.14
63. Greg Chalmers	Aus	2.13
64. Matteo Manassero	Ita	2.13
65. Retief Goosen	SAf	2.11
66. Rory Sabbatini	SAf	2.11
67. Robert Garrigus	USA	2.10
67. John Huh	USA	2.10
69. Alexander Noren	Swe	2.10
70. K.T. Kim	Kor	2.09
71. Hiroyuki Fujita	Jpn	2.08
72. Johnson Wagner	USA	2.08
73. Spencer Levin	USA	2.06
74. George Coetzee	SAf	2.03
75. Ryan Moore	USA	2.01

TENNIS

WTA MERCURY INSURANCE OPEN

At Carlsbad, Calif.
Singles
Alexa Glatch, United States, def. Lauren Davis, United States, 6-3, 6-2.
Misaki Doi, Japan, def. Michelle Larcher de Brito, Portugal, 6-7 (6), 6-1, 6-3.
Varvara Lepchenko, United States, def. Nicole Gibbs, United States, 6-3, 6-1.

ATP WORLD TOUR BET-AT-HOME

At Hamburg, Germany
Singles
First Round
Federico Delbonis, Argentina, def. Tommy Robredo, Spain, 5-7, 6-0, 6-1.
Gilles Simon (2), France, def. Carlos Berlocq, Argentina, 4-6, 7-6 (5), 6-1.
Daniel Munoz-de la Nava, Spain, def. Ruben Ramirez Hidalgo, Spain, 1-6, 6-4, 6-3.
Robin Haase, Netherlands, def. Matthias Bachinger, Germany, 6-4, 6-2.
Nikolay Davydenko, Russia, def. Jarkko Nieminen, Finland, 5-7, 6-4, 6-0.

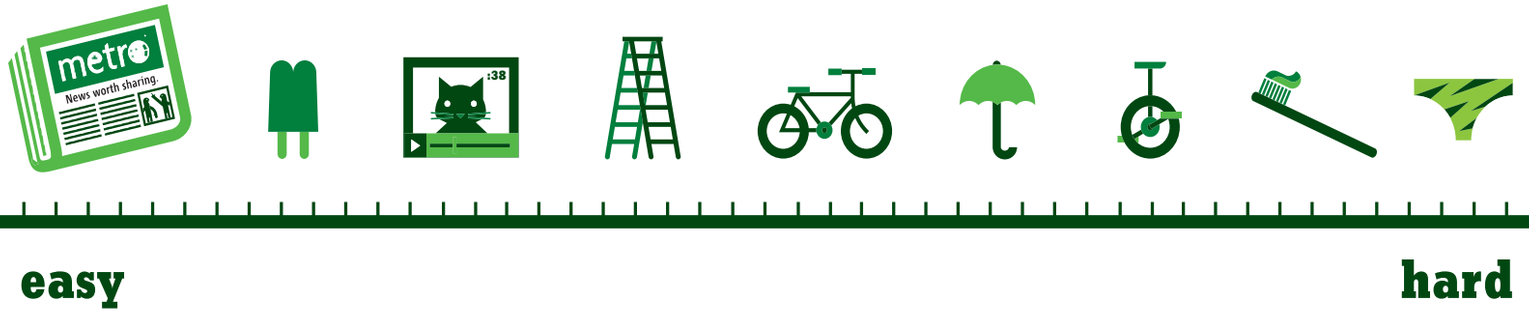
SWISS OPEN

At Gtaad, Switzerland
Singles
Benoit Paire, France, def. Bernard Tomic (8), Australia, 6-0, 6-4.
Paul-Henri Mathieu, France, def. Igor Andreev, Russia, 6-3, 7-6 (4).
Martin Fischer, Austria, def. Sandro Ehrat, Switzerland, 6-2, 6-4.
Jan Hernych, Czech Republic, def. Matteo Viola, Italy, 6-3, 2-6, 6-3.

WTA SONY SWEDISH OPEN

At Bastad, Sweden
Singles
First Round
Mona Barthel, Germany, def. Kiki Bertens, Netherlands, 6-3, 6-2.
Lesia Tsurenko, Ukraine, def. Carla Suarez Navarro (8), Spain, 7-5, 6-0.
Doubles
Sandra Klemenschits, Austria, and Tatjana Malek, Germany, def. Anastasia Grymalska, Poland, and Adriana Perez, Venezuela, 6-4, 6-3.
Sofia Arvidsson and Johanna Larsson, Sweden, def. Ines Ferrer Suarez, Spain, and Richel Hogenkamp, Netherlands, 3-6, 6-3, 10-4 tiebreak.
Olga Govortsova, Belarus, and Klaudia Jans-Ignacik (2), Poland, def. Beatrice Cedermark and Rebecca Peterson, Sweden, 6-4, 6-2.
Eva Hrdinova, Czech Republic, and Mervana Jugic-Salkic, Bosnia-Herzegovina, def. Hilda Melander and Sandra Roma, Sweden, 7-6 (5), 6-1.
Julia Goerges, Germany, and Anastasia Pavlyuchenkova (1), Russia, def. Maria Kondratieva, Russia, and Sophie Lefevre, France, 6-1, 7-6 (5).

Sharability



Canadian tennis serving notice

Rising stars. With junior Wimbledon titles in tow, Bouchard and Peliwo represent bright future for tennis in Canada

These are heady days for Canada's tennis program when two 18-year-olds can turn up at a news conference and place three Wimbledon trophies on the table.

That's what Eugenie Bouchard of Montreal and Filip Peliwo of Vancouver did Monday as they were officially welcomed back from their triumphs in junior competition at the All England Club last week.

Bouchard took the junior girls titles in singles and doubles, while Peliwo won the junior boys competition at the Grand-Slam event. Both were firsts for Canada, which is suddenly awakening from a long run of tennis mediocrity in singles play.

"Canada has become a country with ambitions," said Louis Borfiga, who runs the national tennis centre that produced Canada's emerging crop of young talent. "Now we have to keep working hard to try to become a great tennis country."

The triumphs at the junior level followed the rise of 21-year-old Milos Raonic of Thornhill, Ont., into the world's top 30, the highest a Canadian has reached since rankings were inaugurated in 1973. Vancouver's Rebecca Marino, 21, who is currently on leave from the sport, and 24-year-old Aleksandra Wozniak of Montreal have also made strides in the women's game.

Canadian tennis players Filip Peliwo and Eugenie Bouchard with their Wimbledon trophies on Monday in Montreal. PAUL CHIASSON/THE CANADIAN PRESS

And there are more players on the way up, including 15-year-old Francoise Abanda of Montreal, who reached the girls semifinals at Wimbledon.

Peliwo reached the final at two Grand Slams earlier this year, the Australian and French Opens, and is now the world's top-ranked junior.

"To be honest, it would be difficult to expect a year like this," said Peliwo. "I knew that if I played my best tennis on a consistent basis it was possible, but I didn't think I'd have a record like this and be number one after Wimbledon."

There was still a buzz over Bouchard's triumph in the girl's final when Peliwo gave Canada another win.

"I really wanted to have same feeling she had after winning," he said. "I had two previous finals and I wasn't going to let Genie (Bouchard) be the only one winning that week."

The Canadian system has taken flight since Borfiga was hired to set up a national development program after doing the same for the boy's program in France, which produced a handful of top players including Sebastien Grosjean and Fabrice Santoro.

Six boys and six girls are selected from programs across the country to train at the Jarry Park centre in Montreal. The ones moving from other provinces are billeted with families. They get top-level coaching and fitness facilities and funding to play in tournaments around the world. THE CANADIAN PRESS

Tennis

Federer reigns with most weeks as top ATP player

Roger Federer surpassed Pete Sampras on Monday to set the record for the most weeks at No. 1 in the ATP rankings.

After winning Wimbledon a week ago, Federer returned to the top for the first time since June 2010. Monday marked his 287th week at No. 1, one more than Sampras.

The 17-time Grand Slam champion also tied Sampras' record of seven Wimbledon titles.

Federer first became No. 1 in 2004 and said it was an "amazing feeling" to be back at the top. He spent 237 consecutive weeks at No. 1 from February 2004 to August 2008. THE ASSOCIATED PRESS

Service Directory

To advertise contact Ian March at 416-443-4388

FINANCIAL

OVERWHELMED BY DEBT?
Call the Licensed Debt Professionals™
GET OUT OF DEBT!
- Avoid Bankruptcy
- 1 Low Monthly Payment
- No Interest Charges
- Stop Collection Calls
- Government Licensed Proposal Administrators

David Sklar, C.A., CIRP, Trustee
Get the Facts for FREE 310-9200
(NO AREA CODE NEEDED)
DAVID SKLAR & ASSOCIATES INC.
Licensed Credit Counsellors · Licensed Proposal Administrators · Trustee in Bankruptcy
HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ON, M2J 4T1
NORTH YORK ▪ TORONTO ▪ PICKERING / AJAX ▪ MISSISSAUGA / ETOBICOKE ▪ BRAMPTON
For more information visit us online at www.DavidSklar.com

MORTGAGES 5 Yr Fixed - 3.04%* 5 Yr Variable - 2.85%*
MORTGAGE INTELLIGENCE INC.
- Purchase/Refinance
- Pre-approvals
- Debts Consolidation
- Consolidate Credit Cards & LOC
- Consolidate 1st & 2nd Mortgages
- Self Employed/ Salaried
- Credit Issues

* Conditions apply, OAC.
Rohit Dhawan, AMP, Mortgage Broker FSCO Lic# M08001358
416-816-4444 or rohit.dhawan@migroup.ca
FSCO# 10428, Central Office: 5770 Hurontario St., Suite 600, Mississauga, ON. L5R 3G5

CREDIT PROBLEMS? Reduce Your Debts
Consolidate All Your Debts Into ONE SMALL MONTHLY PAYMENT & PAY NO INTEREST
We beat ANY OFFER in Ontario GUARANTEED!
EMPIREONE CREDIT SOLUTIONS
$SAVE$ MONEY
416-900-2324
www.empireonecredit.com
WE OFFER FREE CREDIT CHECKS
Free One on One Consultation
SCARBOROUGH 250 Consumers Rd. Suite 810
OSHAWA 286 King St. W. Suite 303
NORTH YORK 1111 Finch Ave. W. Suite 207
MISSISSAUGA 165 Dundas Ave. W. Suite 307

LEGAL

Mazinani Law Offices
Divorce Centre
Experienced Family Lawyers
- Uncontested Divorce ($199 plus court fee)
- Children Custody and Access
- Child and Spousal Support
- Division of Property
- Motion to Change Orders

Tel: 416-897-7676
6026 Yonge St. North York, ON. M2M 3W5

Need a loan?
Bankrupt? Proposal? Bruised Credit?
Get the LOWEST rates for bad credit personal loans in the GTA
- Car paid off - up to $20,000 (6 years or newer)
- Personal Loan up to $5,000 (1 year on job; $16/hr. min.req.)
- We help repair your credit!

Prudent Financial Services
416-634-2013
PrudentLoanApprovals.com

DEBT RELIEF
Are you drowning with debts?
Let us help you:
- consolidate debts, low monthly payments
- settle your debts without a bankruptcy
- reduce the amount to pay back, no interest
- stop harassing creditors and collection calls

Nona Kumar
Estate Administrator
Credit Counsellor
Free Confidential Consultation
Direct Line:
416-455-7709
RUMANEK & CO. LTD.
Administrators of Proposals, Trustee in Bankruptcy & Debt Consolidation Arrangements:
Head Office in North York, ON.
Offices in Scarborough & Mississauga.
Tel: 416-665-DEBT

MORTGAGE APPROVED!
- 1st and 2nd Mortgage for any purpose.
- Refinance to 87%. Purchase to 95%.
- With rates at historic lows, now is the time to re-finance your home!
- Consolidate cards into 1 payment
- Self-employed? Stated income.
- Good and bad credit are welcome!
- Behind in Mortgage Payments?

WE CAN HELP!
HOMELAND MORTGAGE
416-519-3505
OR 647-273-5626
WWW.HOMELANDMORTGAGE.ORG
License # 11991

MoneyProvider.com
$500 Loan and more
No credit refused
Fast, easy and secure
www.moneyprovider.com
1-877-776-1660

NEED MONEY?
✓No credit checks
✓Fast approvals
Call 1-866-499-5629
And get cash now!!
www.mynextpay.com

Up to 80% debt reduction
EMR DEBT SOLUTIONS
We GUARANTEE to beat anyone's offer by 25% or we work for FREE*
Pay ZERO INTEREST
- Trustee's Represent Your Creditors
- EMR Represents YOU
- Home Service Available

Mississauga · North York · Midtown · Scarborough
416-424-1510
www.emrdebtsolutions.com
*Some conditions may apply at EMR Debt Solutions

NEED A RIDE?
Read metro drive every Wednesday.

MORTGAGES
1st & 2nd Mortgages
Debt Consolidation
*Low Rates, *No Fees
Bad Credit Welcome
*CREDIT APPROVED
*terms and conditions apply Lic# 10154
MORTGAGE GENIE
www.mortgagegenie.org
416-667-9834

NEED COOL DESIGN TIPS?
Read metro home every Thursday.

HELP WANTED

Office Help

Office Admin Required for 1 yr contract. Resumes may be forwarded to **maria@craftgrp.com** or **FAX 416.979.0593**

General Help

15 CUSTOMER SERVICE POSITIONS
Training provided to candidates. $650-$850/week to start. Call for interview. 125 Norfinch Dr, Suite 207 **416-901-6672**

17 F/T Positions!
Customer Service, Sales, Marketing
$500+ per week
416-236-5627 / now_hiring@email.com

EXP. JANITORIAL STAFF REQUIRED
D/T Toronto area. WILL TRAIN!
Fax to **905-608-9020** or **vinny@topnotchbuilding.com**

Full Time & Seasonal Positions Available! **NOW HIRING** for all positions. Customer Service, Marketing, Sales, Management. No Exp Req. Students Welcome. **416-479-0238**

MODELS NEEDED for non-invasive echocardiography training at Thornhill Imaging Centre. NO EXPERIENCE NECESSARY. $50 for 3-4 hrs. Call 905-747-0999.

General Help

Are you a TOP Notch Sales Person?
Do you want to make $16.00 an hour or more?
Can you compete with our TOP Notch Sales Staff?
If you answered YES, YES, YES.....
Then CALL - (416) 332-9295

simpro
Simplifying Business Processes

Simpro Solutions (www.simprosolutions.com) one of Canada's fastest growing Call Centres. We are looking for 50 top notch sales people to work in our Scarborough location, close to Scarborough Town Centre.

You Must:
Be able to work different shifts
Have excellent communication skills
Have proven sales experience

We Provide:
Paid training, hourly wages, daily cash incentives, transportation bonus, performance bonus, sales bonus and retention bonus.

Education

CCE offers Language Classes at $7/h
ESL, French, Spanish, Business English, etc.
TOEFL, IELTS. Low fees! (Wellesley Subway)
www.ccet.ca 416-926-0540

$$ SUCCESS SECRETS REVEALED! $$
Ancient Money-Making Secrets Used by the RICH -- FREE CD tells all! Call Now: 905-313-8174

Business Opportunities

Menswear Business Est for 27yrs. Located in a mall. Great Opportunity. Owner is retiring. Please call **416-716-7890**

Well Located Salon & Spa in Brampton for sale with all equipment. Established in Busy Area with existing Clental. Please email mtpatil@yahoo.com

Skilled and Technical Help

CNC LATHE Operator
Must know **ALFA CAM** or **Mastercam**
Email resume to
info@orenda-automation.com

Exp Line Cook wanted at Baton Rouge Restaurant with kitchen experience. FT and PT avail. 416-593-6620 or apply within at 277 Front Street West, Toronto ON.

Skilled and Technical Help

General Skilled Labours required for commercial work throughout the GTA. Must provide own tools and vehicle. Please call (416)745-9018 or smartdesign@rogers.com

AUTOMOTIVE

Cars & Trucks Wanted

*** We Pay $200-$5000 ***
For YOUR scrap Cars & Trucks!
Call 647-705-9416
FREE TOWING

We Pay $325 to $5000 for Scrap Cars, Vans, Trucks & Cube Vans
24/7 and FREE TOWING
416-419-3300

RENTALS

Apartments Unfurnished

Charming 1 bdr, Furn or Unfurn
Situated in the Eglinton Ave & Avenue Rd . Above an optical store. Sorry no parking.
416-999-9703 Available Immediately

General Help

Are you a TOP Notch Sales Person?
Do you want to make $16.00 an hour or more?
Can you compete with our TOP Notch Sales Staff?
If you answered YES, YES, YES.....
Then CALL - (416) 332-9295

Simpro Solutions (www.simprosolutions.com) one of Canada's fastest growing Call Centres. We are looking for 50 top notch sales people to work in our Scarborough location, close to Scarborough Town Centre.

You Must:
Be able to work different shifts
Have excellent communication skills
Have proven sales experience

We Provide:
Paid training, hourly wages, daily cash incentives, transportation bonus, performance bonus, sales bonus and retention bonus.

SERVICES

Mortgages

LOW MORTGAGE RATES
3 years - 2.69%
5 years 2.99%
Consolidate all your debts into one low monthly mortgage payment.
Call : **(905) 361-2828**
Mortgage One Solutions - Mortgage Agent
Lic # M08010B0

Financial

DO YOU HAVE LOCKED-IN PENSION MONEY?
You can have your money from a former pension if you are in financial problems.
(416)832-4468
Pension Benefits Claims

Psychics

Sri Kalika Amba Astrologer
Pandit R K Balaji Shastri
Specialist in Removing Black Magic, Jadoo, Voodoo, Witchcraft, Obeau & Gives 100% Protection
Business, Love, Marriage, Education, Job, Money Problems, Children Mistakes, Husband & Wife Relationship, Sexual Problems, Wealth, Sickness, Depression,
* Handles Impossible Problems * Quick Results * All Difficulties Removed
647-769-9911

Indian Famous Astrologer
Mr Jagadish
Pandit is specialist in all kinds of Astrology
He solves your all problems
Marriage, Business, Job, Enemy, Sexual, Family, Children Health, Love, Depression, Obaau, Vodoo etc.
100% Guarantee
I CAN HANDLE ANY PROBLEM
Remove Black Magic and Bad Luck in 2 Days and gives immediate protection
All Religious Welcomed
647-532-8224
1290 Finch Ave. W, North York (Keele & Finch)

PSYCHIC SPIRITUAL ADVISOR MONA
I restore luck and happiness and will call out your friends and enemies by name. I will tell you your past as it was, your present as it is, and your future as it will be.
40 years experience.
Superior to all others.
CALL FOR ONE FREE QUESTION!
416-222-8201
9am - 9pm •Yonge/Finch

Mr. IBRAHIM
AFRICAN PSYCHIC MEDIUM
I can help you out of despair.
Reunite lovers forever
Happy Marriage.
Stop divorce, stress & depression.
Success in business.
Court cases.
Protection against evil.
Remove bad luck.
Hopeless cases.
OVER 27 YEARS EXPERIENCE
QUICK RESULTS
BY APPT. **416-783-3910**

International Astrologer
Pandit: Devadas Swamiji
Meet him to get Quick Results:
Job * Business * Health * Property Education * Family * Children Etc
All Religions Welcomed
I am Master in removing & destroying Black Magic, Jadoo, Voodoo, Witchcraft, Obeau & Bad luck and give Protection
647-622-9097
(Middlefield / Finch)

Shiva Astrological Bureau
Pandit Shiva Vishnu Baba
Suggestions:
* Money
* Family
* Love
* Job
* Court
* Kids Etc
Solutions:
* Black Magic
* Jadoo
* Obeau
* Voodoo
* Bad Luck
416-843-3563
(Markham & Lawrence, Inside Best Deals)

like us
metro

Psychics

Pandit: Shivananda Babaji
International Astrologer
The Most Powerful Astrologer from India
Depression * Health Education * Children Enemy* Business Husband-Wife Relationship Etc
100% Guarantee
I am Master in Removing & Destroying Black Magic, Jadoo, Voodoo, Witchcraft Obeau & Bad Luck and Gives Protection
All Religions Welcomed
416-500-9489
(Markham / Lawrence) & (Mississauga)

THE MOST POWERFUL SPIRITUALIST FROM INDIA
Pandit: Baba Sri Shankar Guruji
100% GUARANTEE
Removes Black Magic & Evil Spirits and gives Protection
All Nationalities Welcomed
Health * Family * Marriage * Love
Business * Education * Job * Divorce
Children * Promotions * Husband-Wife Relationship * Lucky Number Etc
647-769-3355
433 Parliament St., Toronto, M5A 3A3

Master Psychic & Astrologer
Mr Samba Shiva
I will Remove Black Magic, Evil Spirit, Bad Luck,Evil Eyes, Jealousy & any Problem.
Job * Enemy * Family
Love * Money * Relationship
An Experienced Spiritualist Removes your Problems with 100% Guarantee
647-721-7199

Unique Indian Astrologer
Pandit: Sai Ram
Expert Pandit Solves Problems Like Family, Divorce,Children Money, Court, Enemy, Job, Love and any Kind of Problem
Treats Black Magic Jadoo, Voodoo, Obeau & Gives 100% Protection
416-471-8548
Scarborough & Mississauga Area

Durga Parmeshwara Astrologer
Jagan Mohan
I will Remove Black Magic
Evil Spirit, Bad Luck,Evil Eyes, Jealousy & any Problem.
Solves Problems like Job, Enemy, Family, Love, Money and Relationship
For every problem, There is a Solution
647-760-7515
Airport & Derry

Place your ad in Metro classifieds
metroclassifieds.ca
1 800 527-6767

Dental

Dental Hygiene Office
FREE whitening with teeth cleaning
Affordable Rates
Monica RDH **416-622-2500**

HEALTH & BEAUTY

Fitness

Exercise the Easy Way!
No exercise technique to learn
Get the best workout ever in 30 minute.
ACCELERATION TRAINING
647-227-5638.

Miscellaneous

ANNOUNCEMENTS

Registrations Teams, Events, Classes

CANADA CRICKET CLUB
ARJUNA RANATUNGA
Cricket Coaching Camp
REGISTER YOUR CHILD-TEAM-CAPTAINS
Toronto & Brampton - July 23-28th
SESSION $59
www.CanadaCup120.com
Call: 416-830-4135

find us
follow us
like us
metro

Miscellaneous

Attention Realtors!
Want to reach over 530,000 daily Metro News readers? Advertise your listings with Metro Classifieds.

1 Listing
Starting as low as
$52 per day

Call 1-800-527-6767 to place your ad now!

Read metro your money every Tuesday for financial tips, trends and advice.

Only in Metro. News worth sharing.

CLASSIFIEDS CUSTOMER SERVICE: 1 800 527-6767 – MONDAY TO FRIDAY 8:30 AM TO 6:00 PM (ATL) Metro requests that advertisers check their advertisement upon publication and advise Metro immediately if there are any copy errors in the advertisement as published. Metro will not be responsible for any error other than an incorrect insertion due to any act or omission of Metro. In any event Metro will only be responsible for one incorrect insertion of any particular ad regardless of the number of times such ad is run incorrectly. Metro's liability for any such error is limited to the amount actually paid by the Customer for a single publication of the advertisement in the space the ad is run. In no event shall Metro be liable for any non-insertion of any advertisement for any reason whatsoever. All copy is subject to the approval of the management of Metro. Metro reserves the right to classify all advertisements.

Horoscopes

♈ Aries
March 21 - April 20
Mars in your opposite sign of Libra will make partners and work colleagues more assertive today but that's OK as you know both how to give it and take it. Stand up to them if you want their respect.

♉ Taurus
April 21 - May 21
Don't waste time on trivial matters. You have plenty of energy at your disposal but that does not mean you should waste it. The more you focus on essentials today, the more you will benefit — financially and emotionally.

♊ Gemini
May 22 - June 20
Try not to worry about recent disappointment. Even if they set you back in your plans, you will more than make up for them over the next four or five weeks. Your motto must be: Know what you want and believe you can get it.

♋ Cancer
June 21 - July 22
What seems wrong with your world at the moment is no big deal. Remind yourself occasionally that most of the things you get uptight about are of no real significance. Look at your life from a higher perspective.

♌ Leo
July 23 - Aug. 22
Invitations of one kind or another will come thick and fast over the next few days. If you don't seem to have time to enjoy yourself, it can only be because you are working too hard. Cut back on your commitments.

♍ Virgo
Aug. 23 - Sept. 22
The most important thing now is that you keep the momentum you have built up going. Follow through on what you have started and don't allow yourself to be distracted by petty people and meaningless events.

♎ Libra
Sept. 23 - Oct. 22
Mars in your sign, allied to Jupiter today, gives you the self-belief you need not only to start new projects but to follow through on them in the face of opposition from rivals and doubters. You can make them work.

♏ Scorpio
Oct. 23 - Nov. 21
There seems to be a lot of noisy people in your neighbourhood at the moment. But are they really more loud and annoying than usual or are you in one of your sensitive moods? Probably the latter, so stay calm.

♐ Sagittarius
Nov. 22 - Dec. 21
Mars in the friendship area of your chart makes this the ideal time to get involved in causes and movements that are close to your heart. Do more than just sign your name to the latest petition then forget about it.

♑ Capricorn
Oct. 23 - Nov. 21
Cosmic activity in the career area of your chart will give you a much-needed boost. Be assertive, be ambitious and be determined to succeed, even if you have failed a dozen times before. You'll get it right this time.

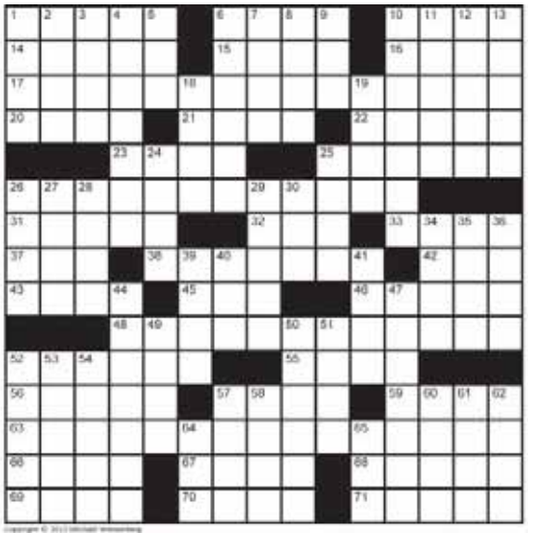
♒ Aquarius
Jan. 21 - Feb 18
You will stop at nothing to get the thrills and excitement you crave, even if you have to travel far away from home to get them. Today's Mars-Jupiter link makes you adventurous in the extreme. Watch out world.

♓ Pisces
Feb. 19 - March 20
The more other people promise you today, the more likely it is they will let you down or, worse, try to use you for their own ends. Do nothing unless you know for certain it won't cost you any money.

SALLY BROMPTON

Crossword: The Canadian Experience

BY MICHAEL WIESENBERG



Across
1. See 52-Across
6. See 37-Across
10. Nanaimo ___: distinctive Can. treat
14. Throw for ___: surprise
15. Toss ___: roll one
16. Early Roman emperor who served only 3 months
17. Get high on Canada from here
20. *Clan of the Cave Bear* author Jean
21. Odo reset setting
22. Find ___ for: pair with
23. Big name in corn syrup
25. Forewarns
26. While Canada is stereotypically known for cold winter, this is a better representative
31. Nativity
32. Beluga output
33. Canada's largest telecommunications company
37. With 6-Across, popular Canadian sweet dessert spirit
38. Homo follower
42. Center or cycle prefix
43. Nintendo rival
45. CNR's passenger subsidiary that became a separate Crown corporation in 1978
46. Surpluses
48. Popular dish known in PQ as Pâté Chinois
52. With 1-Across, sugary pastry confection
55. Biblical Rachel's sister
56. Avant-garde novelist Nin
57. Bland
59. Beginning with
63. World's largest outdoor show
66. Edmonton Symph., e.g.
67. ___ noire: frightful thing
68. Louis Riel's people
69. GPS part
70. "Rats!"
71. Court order

Down
1. "Toodle-oo"
2. Jesus on the field
3. Cowboys at 63-Across often hold this
4. Trunk item
5. Tanning letters
6. Cries at 63-Across
7. Gram or graph preceder
8. Featured singer on Velvet Underground's debut album
9. After dusk, poetically
10. Gen-Xers' parents
11. Engaged in a battle
12. "Frankly, my dear..." utterer
13. Hurting spots
18. Ripped
19. It might be tall
24. What dentists hear a lot of
25. Final word
26. Bird associated with the Nile River
27. Cannes neighbor
28. Small amount of residue
29. With 34-Down, unctuous *David Copperfield* character
30. A Stooge
34. See 29-Down
35. All Fools' Day: abbr.
36. Like an owl, proverbially
39. State
40. Archie Bunker's "name" for Edith
41. Canadians call it pop
44. ___ a drum: comparably tense
47. Like flights of Canada geese
49. "___ Rebel": #1 tune of 1962
50. Exuberant
51. C&W's McEntire
52. Flavored soy bits introduced in 1966 by General Mills
53. Acting on a single number, mathematically
54. After-shower powders
57. One changing colors
58. Alphabetic quartet
60. Org. probing for outer-space life
61. Like Keats' poetry
62. Big celebration
64. BMO competitor
65. Fr. lady

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

		5				9		
		2	1		5	8		
6				8				2
	1	4	6		8	7	3	
	3	9	7		2	6	8	
7				1				9
		1	4		7	5		
		6				4		

Yesterday's Sudoku

4	9	8	6	1	2	7	3	5
6	7	1	4	3	5	9	2	8
3	2	5	9	7	8	4	6	1
9	3	2	8	6	1	5	4	7
5	1	7	2	4	3	8	9	6
8	6	4	5	9	7	2	1	3
2	5	3	1	8	4	6	7	9
7	8	6	3	2	9	1	5	4
1	4	9	7	5	6	3	8	2

Yesterday's Crossword

What's online

- **Stumped?** Find the answers at metronews.ca/answers.
- **MetroTube.** We scour the Internet to bring you the best videos out there, at metronews.ca.

NEED A RIDE?
Read metrodrive every Wednesday.

FLIGHT CENTRE® Unbeatable
Glasgow $18
Travel Jul 21 - Jul 29/ts
+ taxes & fees $580
London $69
Travel Jul 21 - Aug 5/ts
+ taxes & fees $580
INCLUDES roundtrip airfare.
1 877 923 2248 | flightcentre.ca

Conditions apply. Ex. Toronto. Prices are subject to availability at advertising deadline and are for select departure dates. Air only prices are per person for return travel unless otherwise stated. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, GST/HST and fuel supplements and are approximate and subject to change. ts=transat. Head office address: 1 Dundas St W Suite 200, Toronto, ON. Call for retail locations. ONT. REG #4671384 tico.ca

GET OUT OF DEBT WITHOUT BANKRUPTCY

David Sklar, C.A., CIRP, Trustee

Call for your FREE Consultation 310-9200

(NO AREA CODE NEEDED)

OVERWHELMED BY DEBT?

Speak with our **Licensed Debt Professionals**™ at David Sklar & Associates.
We are licensed by the federal government to file and administer Consumer Proposals.

We can help you!

- Avoid Bankruptcy
- No Interest Charges
- One Low Monthly Payment
- Stop Collection Calls

DAVID SKLAR & ASSOCIATES INC.
Licensed Proposal Administrators & Trustee in Bankruptcy

HEAD OFFICE: 245 FAIRVIEW MALL DRIVE, SUITE 720, TORONTO, ONTARIO, M2J 4T1
NORTH YORK ▪ TORONTO ▪ PICKERING / AJAX ▪ MISSISSAUGA / ETOBICOKE ▪ BRAMPTON

www.DavidSklar.com